

# USDA National Nutrient Database for Standard Reference Release 28

## Nutrients: Riboflavin (mg)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: Household

Report Run at: February 02, 2016 19:37 EST

| NDB_No | Description  | Weight(g) | Measure                                    | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 17369  | Lamb, New Zealand, imported, liver, raw  | 113.0     | 4.0 oz                                     | 4.757                         |
| 17368  | Lamb, New Zealand, imported, liver, cooked, soaked and fried                       | 85.0      | 3.0 oz                                     | 4.480                         |
| 11667  | Seaweed, spirulina, dried  | 112.0     | 1.0 cup                                    | 4.110                         |
| 01258  | Egg, white, dried, stabilized, glucose reduced                                     | 107.0     | 1.0 cup, sifted                            | 3.970                         |
| 17201  | Lamb, variety meats and by-products, liver, cooked, pan-fried                      | 85.0      | 3.0 oz                                     | 3.902                         |
| 22401  | Spaghetti with meat sauce, frozen entree   | 283.0     | 1.0 serving                                | 3.772                         |
| 17200  | Lamb, variety meats and by-products, liver, cooked, braised                        | 85.0      | 3.0 oz                                     | 3.426                         |
| 14630  | Beverages, Energy drink, ROCKSTAR, sugar free                                      | 240.0     | 8.0 fl oz                                  | 3.401                         |
| 01115  | Whey, sweet, dried   | 145.0     | 1.0 cup                                    | 3.202                         |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried                      | 81.0      | 1.0 slice                                  | 2.774                         |
| 23425  | Beef, New Zealand, imported, variety meats and by-products, liver, raw             | 113.0     | 4.0 oz                                     | 2.652                         |
| 23424  | Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled   | 85.0      | 3.0 oz                                     | 2.584                         |
| 13324  | Beef, variety meats and by-products, kidneys, cooked, simmered                     | 85.0      | 3.0 oz                                     | 2.524                         |
| 23421  | Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled | 85.0      | 3.0 oz                                     | 2.503                         |
| 01136  | Egg, white, dried, powder, stabilized, glucose reduced                             | 107.0     | 1.0 cup, sifted                            | 2.478                         |
| 10104  | Pork, fresh, variety meats and by-products, heart, cooked, braised                 | 145.0     | 1.0 cup                                    | 2.468                         |
| 23423  | Beef, New Zealand, imported, variety meats and by-products, kidney, raw            | 113.0     | 4.0 oz                                     | 2.391                         |
| 13325  | Beef, variety meats and by-products, liver, raw                                    | 85.0      | 3.0 oz                                     | 2.342                         |
| 13326  | Beef, variety meats and by-products, liver, cooked, braised                        | 68.0      | 1.0 slice                                  | 2.329                         |
| 17203  | Veal, variety meats and by-products, liver, cooked, braised                        | 80.0      | 1.0 slice                                  | 2.288                         |
| 10107  | Pork, fresh, variety meats and by-products, kidneys, cooked, braised               | 140.0     | 1.0 cup                                    | 2.220                         |
| 05021  | Chicken, broilers or fryers, giblets, cooked, fried                                | 145.0     | 1.0 cup, chopped or diced                  | 2.210                         |
| 25008  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar             | 55.0      | 1.0 bar                                    | 2.115                         |
| 08504  | Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes                           | 29.0      | 1.0 serving (NLEA serving size = 0.75 cup) | 2.114                         |
| 14632  | Beverages, Meal supplement drink, canned, peanut flavor                            | 158.0     | 1.0 cup                                    | 2.054                         |
| 17204  | Veal, variety meats and by-products, liver, cooked, pan-fried                      | 67.0      | 1.0 slice                                  | 2.050                         |
| 14627  | Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12       | 240.0     | 1.0 serving                                | 1.944                         |
| 10111  | Pork, fresh, variety meats and by-products, liver, cooked, braised                 | 85.0      | 3.0 oz                                     | 1.867                         |
| 25016  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors       | 55.0      | 1.0 bar                                    | 1.839                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 05708  | Turkey, retail parts, breast, meat only, with added solution, raw   | 1171.0    | 1.0 breast                | 1.815                         |
| 17196  | Lamb, variety meats and by-products, kidneys, cooked, braised   | 85.0      | 3.0 oz                    | 1.759                         |
| 05177  | Turkey, liver, all classes, raw   | 78.0      | 1.0 raw liver             | 1.753                         |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL  | 30.0      | 0.75 cup (1 NLEA serving) | 1.710                         |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19   | 30.0      | 1.0 cup (1 NLEA serving)  | 1.701                         |
| 25005  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR  | 55.0      | 1.0 bar                   | 1.700                         |
| 25004  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar                                   | 55.0      | 1.0 bar                   | 1.700                         |
| 08318  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal                             | 50.0      | 1.0 cup (1 NLEA serving)  | 1.700                         |
| 25015  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush                    | 80.0      | 1.0 bar                   | 1.700                         |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes   | 29.0      | 0.75 cup (1 NLEA serving) | 1.699                         |
| 14022  | Beverages, MONSTER energy drink, low carb   | 240.0     | 8.0 fl oz                 | 1.699                         |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran  | 53.0      | 1.0 cup (1 NLEA serving)  | 1.696                         |
| 17198  | Veal, variety meats and by-products, kidneys, cooked, braised   | 85.0      | 3.0 oz                    | 1.692                         |
| 01133  | Egg, whole, dried   | 85.0      | 1.0 cup, sifted           | 1.680                         |
| 19182  | Desserts, mousse, chocolate, prepared-from-recipe   | 808.0     | 1.0 recipe yield          | 1.656                         |
| 12063  | Nuts, almonds, dry roasted, without salt added  | 138.0     | 1.0 cup whole kernels     | 1.652                         |
| 12563  | Nuts, almonds, dry roasted, with salt added   | 138.0     | 1.0 cup whole kernels     | 1.652                         |
| 05711  | Turkey, retail parts, breast, meat only, cooked, roasted  | 863.0     | 1.0 breast                | 1.640                         |
| 12061  | Nuts, almonds   | 143.0     | 1.0 cup, whole            | 1.627                         |
| 16108  | Soybeans, mature seeds, raw   | 186.0     | 1.0 cup                   | 1.618                         |
| 14079  | Beverages, yellow green colored citrus soft drink with caffeine   | 473.0     | 16.0 fl oz                | 1.608                         |
| 01212  | Milk, dry, whole, without added vitamin D   | 128.0     | 1.0 cup                   | 1.542                         |
| 05138  | Chicken, capons, giblets, cooked, simmered  | 145.0     | 1.0 cup, chopped or diced | 1.538                         |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered  | 145.0     | 1.0 cup chopped or dice   | 1.525                         |
| 05128  | Chicken, stewing, giblets, cooked, simmered   | 145.0     | 1.0 cup, chopped or diced | 1.518                         |
| 15229  | Mollusks, cuttlefish, mixed species, cooked, moist heat   | 85.0      | 3.0 oz                    | 1.470                         |
| 05172  | Turkey, whole, giblets, cooked, simmered  | 95.0      | 1.0 giblets               | 1.466                         |
| 17367  | Lamb, New Zealand, imported, kidney, raw  | 113.0     | 4.0 oz                    | 1.445                         |
| 25021  | Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE   | 48.0      | 1.0 bar                   | 1.440                         |
| 14156  | Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 | 250.0     | 1.0 serving 8.3 fl oz can | 1.438                         |
| 21283  | PAPA JOHN'S 14" Cheese Pizza, Original Crust  | 117.0     | 1.0 slice                 | 1.433                         |
| 36629  | Restaurant, Chinese, orange chicken   | 648.0     | 1.0 order                 | 1.426                         |
| 05178  | Turkey, liver, all classes, cooked, simmered  | 53.0      | 1.0 liver cooked          | 1.424                         |
| 01202  | Milk, chocolate, fluid, commercial, reduced fat, with added calcium   | 250.0     | 1.0 cup                   | 1.412                         |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>                                  | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|---|---------------------------------------|
| 12206         | Nuts, almonds, honey roasted, unblanched   | 144.0            | 1.0 cup whole kernels                           | 1.372                                 |
| 07207         | OSCAR MAYER, Braunschweiger Liver Sausage (sliced)   | 85.0             | 3.0 oz  | 1.360                                 |
| 25017         | Formulated bar, POWER BAR, chocolate   | 68.0             | 1.0 bar   | 1.306                                 |
| 19352         | Syrups, malt   | 332.0            | 1.0 cup   | 1.305                                 |
| 14426         | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate               | 36.3             | 1.0 fl oz                                       | 1.303                                 |
| 17364         | Lamb, New Zealand, imported, kidney, cooked, soaked and fried                                  | 85.0             | 3.0 oz  | 1.300                                 |
| 05111         | Canada Goose, breast meat, skinless, raw   | 85.0             | 3.0 oz  | 1.295                                 |
| 05137         | Chicken, capons, giblets, raw  | 115.0            | 1.0 giblets                                     | 1.287                                 |
| 14316         | Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265.0            | 1.0 cup (8 fl oz)                               | 1.283                                 |
| 18501         | KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry   | 116.0            | 1.0 bar (NLEA serving)                          | 1.276                                 |
| 01019         | Cheese, feta   | 150.0            | 1.0 cup, crumbled                               | 1.266                                 |
| 36633         | Restaurant, Chinese, sesame chicken  | 547.0            | 1.0 order                                       | 1.231                                 |
| 12065         | Nuts, almonds, oil roasted, without salt added   | 157.0            | 1.0 cup whole kernels                           | 1.226                                 |
| 12665         | Nuts, almonds, oil roasted, lightly salted   | 157.0            | 1.0 cup whole kernels                           | 1.226                                 |
| 12565         | Nuts, almonds, oil roasted, with salt added  | 157.0            | 1.0 cup whole kernels                           | 1.226                                 |
| 16516         | WORTHINGTON Multigrain Cutlets, canned, unprepared   | 92.0             | 2.0 slices                                      | 1.224                                 |
| 14310         | Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk   | 265.0            | 1.0 cup (8 fl oz)                               | 1.206                                 |
| 01155         | Milk, dry, nonfat, instant, without added vitamin A and vitamin D                              | 68.0             | 1.0 cup   | 1.186                                 |
| 01092         | Milk, dry, nonfat, instant, with added vitamin A and vitamin D                                 | 68.0             | 1.0 cup   | 1.186                                 |
| 05171         | Turkey, whole, giblets, raw  | 85.0             | 3.0 oz  | 1.184                                 |
| 01113         | Whey, acid, dried  | 57.0             | 1.0 cup   | 1.174                                 |
| 05116         | Chicken, roasting, giblets, cooked, simmered   | 145.0            | 1.0 cup, chopped or diced                       | 1.172                                 |
| 43130         | Frankfurter, meatless  | 140.0            | 1.0 cup, sliced                                 | 1.166                                 |
| 21363         | McDONALD'S, Deluxe Breakfast, with syrup and margarine   | 420.0            | 1.0 item 14.8 oz                                | 1.155                                 |
| 36042         | OLIVE GARDEN, lasagna classico   | 422.0            | 1.0 serving                                     | 1.152                                 |
| 08508         | Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)             | 29.0             | 1.0 cup   | 1.122                                 |
| 36041         | Restaurant, Italian, lasagna with meat   | 457.0            | 1.0 serving                                     | 1.083                                 |
| 36054         | OLIVE GARDEN, cheese ravioli with marinara sauce   | 454.0            | 1.0 serving varied from 7-9 ravioli per serving | 1.076                                 |
| 05026         | Chicken, heart, all classes, cooked, simmered  | 145.0            | 1.0 cup, chopped or diced                       | 1.074                                 |
| 42270         | Beverages, Orange juice drink  | 249.0            | 1.0 cup   | 1.071                                 |
| 43406         | Yeast extract spread   | 6.0              | 1.0 tsp   | 1.050                                 |
| 01134         | Egg, whole, dried, stabilized, glucose reduced   | 85.0             | 1.0 cup, sifted                                 | 1.047                                 |
| 25020         | Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut                               | 55.0             | 1.0 bar   | 1.045                                 |
| 12062         | Nuts, almonds, blanched  | 145.0            | 1.0 cup whole kernels                           | 1.031                                 |
| 17199         | Lamb, variety meats and by-products, liver, raw  | 28.35            | 1.0 oz  | 1.029                                 |
| 13322         | Beef, variety meats and by-products, heart, cooked, simmered                                   | 85.0             | 3.0 oz  | 1.028                                 |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 05661  | Chicken, liver, all classes, cooked, pan-fried  | 44.0      | 1.0 liver  | 1.018                         |
| 19911  | Syrup, maple, Canadian  | 80.0      | 60.0 milliliter  | 1.016                         |
| 17192  | Lamb, variety meats and by-products, heart, cooked, braised                                       | 85.0      | 3.0 oz   | 1.011                         |
| 09353  | Blueberries, wild, canned, heavy syrup, drained   | 319.0     | 1.0 cup  | 0.998                         |
| 21153  | Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato | 413.0     | 12.0 inch sub  | 0.991                         |
| 16115  | Soy flour, full-fat, raw  | 84.0      | 1.0 cup, stirred   | 0.974                         |
| 22957  | Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved                | 385.0     | 1.0 serving  | 0.970                         |
| 20066  | Semolina, enriched  | 167.0     | 1.0 cup  | 0.954                         |
| 21341  | McDONALD'S, BIG BREAKFAST   | 269.0     | 1.0 item 9.5 oz  | 0.947                         |
| 16525  | WORTHINGTON Chic-Ketts, frozen, unprepared  | 55.0      | 2.0 slices (3/8" thick)  | 0.946                         |
| 36032  | DENNY'S, spaghetti and meatballs  | 565.0     | 1.0 serving  | 0.944                         |
| 36625  | Restaurant, Chinese, vegetable lo mein, without meat  | 741.0     | 1.0 order  | 0.919                         |
| 20017  | Corn flour, masa, enriched, white   | 114.0     | 1.0 cup  | 0.918                         |
| 20317  | Corn flour, yellow, masa, enriched  | 114.0     | 1.0 cup  | 0.918                         |
| 03213  | Babyfood, cookies   | 28.35     | 1.0 oz   | 0.915                         |
| 14038  | Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink                                 | 250.0     | 1.0 can  | 0.885                         |
| 05028  | Chicken, liver, all classes, cooked, simmered   | 44.0      | 1.0 liver  | 0.877                         |
| 36043  | CARRABBA'S ITALIAN GRILL, lasagne   | 437.0     | 1.0 serving  | 0.874                         |
| 01109  | Milk, sheep, fluid  | 245.0     | 1.0 cup  | 0.870                         |
| 36055  | Restaurant, Italian, cheese ravioli with marinara sauce   | 427.0     | 1.0 serving serving size varied by diameter and count of ravioli | 0.867                         |
| 28162  | KELLOGG'S, Corn Flakes Crumbs   | 33.0      | 6.0 tbsp   | 0.858                         |
| 10110  | Pork, fresh, variety meats and by-products, liver, raw  | 28.35     | 1.0 oz   | 0.852                         |
| 25031  | Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors                                    | 50.0      | 1.0 bar  | 0.850                         |
| 14058  | Beverages, Whey protein powder isolate  | 86.0      | 3.0 scoop  | 0.850                         |
| 08083  | Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS  | 31.0      | 1.0 cup (1 NLEA serving)   | 0.849                         |
| 21396  | Fast foods, cheeseburger; double, large patty; with condiments                                    | 280.0     | 1.0 item   | 0.848                         |
| 21345  | McDONALD'S, DOUBLE QUARTER POUNDER with Cheese  | 280.0     | 1.0 item   | 0.848                         |
| 21412  | Light Ice Cream, soft serve, blended with milk chocolate candies                                  | 348.0     | 12.0 fl oz cup   | 0.846                         |
| 21338  | McDONALD'S, McFLURRY with M&M'S CANDIES   | 348.0     | 1.0 regular (12 fl oz)   | 0.846                         |
| 01137  | Egg, yolk, dried  | 67.0      | 1.0 cup, sifted  | 0.842                         |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original  | 31.0      | 0.5 cup (1 NLEA serving)   | 0.840                         |
| 05150  | Goose, liver, raw   | 94.0      | 1.0 liver  | 0.838                         |
| 12136  | Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend                 | 147.0     | 1.0 cup  | 0.838                         |
| 21255  | BURGER KING, DOUBLE WHOPPER, with cheese  | 399.0     | 1.0 item   | 0.838                         |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES   | 27.0      | 0.75 cup (1 NLEA serving)  | 0.837                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 23414  | Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled                               | 85.0      | 3.0 oz                    | 0.836                         |
| 08598  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS  | 52.0      | 1.0 cup (1 NLEA serving)  | 0.832                         |
| 36626  | Restaurant, Chinese, chicken and vegetables   | 693.0     | 1.0 order                 | 0.832                         |
| 16505  | LOMA LINDA Swiss Stake with Gravy, canned, unprepared   | 92.0      | 1.0 piece                 | 0.828                         |
| 16135  | Winged beans, mature seeds, raw   | 182.0     | 1.0 cup                   | 0.819                         |
| 21399  | Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise                       | 355.0     | 1.0 item                  | 0.816                         |
| 14625  | Beverages, Energy drink, AMP  | 240.0     | 1.0 serving               | 0.816                         |
| 36630  | Restaurant, Italian, spaghetti with meat sauce  | 554.0     | 1.0 serving               | 0.814                         |
| 21248  | WENDY'S, Frosty Dairy Dessert   | 113.0     | 1.0 junior 6 oz. cup      | 0.814                         |
| 36632  | CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce   | 537.0     | 1.0 serving               | 0.806                         |
| 13323  | Beef, variety meats and by-products, kidneys, raw   | 28.35     | 1.0 oz                    | 0.805                         |
| 16116  | Soy flour, full-fat, roasted  | 85.0      | 1.0 cup, stirred          | 0.800                         |
| 01291  | Milk, evaporated, 2% fat, with added vitamin A and vitamin D  | 252.0     | 1.0 cup                   | 0.796                         |
| 01214  | Milk, canned, evaporated, without added vitamin A and vitamin D   | 252.0     | 1.0 cup                   | 0.796                         |
| 17194  | Veal, variety meats and by-products, heart, cooked, braised   | 85.0      | 3.0 oz                    | 0.790                         |
| 11432  | Radishes, oriental, dried   | 116.0     | 1.0 cup                   | 0.789                         |
| 16106  | Meat extender   | 88.0      | 1.0 cup                   | 0.784                         |
| 05027  | Chicken, liver, all classes, raw  | 44.0      | 1.0 liver                 | 0.782                         |
| 21243  | WENDY'S, CLASSIC DOUBLE, with cheese  | 310.0     | 1.0 item                  | 0.778                         |
| 15163  | Mollusks, cuttlefish, mixed species, raw  | 85.0      | 3.0 oz                    | 0.774                         |
| 07969  | Kielbasa, fully cooked, pan-fried   | 370.0     | 1.0 link                  | 0.773                         |
| 21339  | McDONALD'S, McFLURRY with OREO cookies  | 337.0     | 1.0 regular (12 fl oz)    | 0.772                         |
| 21413  | Light Ice Cream, soft serve, blended with cookie pieces   | 337.0     | 12.0 fl oz cup            | 0.772                         |
| 23415  | Beef, New Zealand, imported, variety meats and by-products, heart, raw  | 113.0     | 4.0 oz                    | 0.771                         |
| 43134  | Vegetarian fillets  | 85.0      | 1.0 fillet                | 0.765                         |
| 17163  | Game meat, caribou, cooked, roasted   | 85.0      | 3.0 oz                    | 0.765                         |
| 36624  | Restaurant, Chinese, vegetable chow mein, without meat or noodles   | 777.0     | 1.0 order                 | 0.761                         |
| 36057  | CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta  | 339.0     | 1.0 serving               | 0.756                         |
| 08643  | Cereals ready-to-eat, GENERAL MILLS, Honey KIX  | 33.0      | 1.25 cup (1 NLEA serving) | 0.756                         |
| 36631  | OLIVE GARDEN, spaghetti with meat sauce   | 525.0     | 1.0 serving               | 0.751                         |
| 20324  | Cornmeal, white, self-rising, bolted, with wheat flour added, enriched  | 170.0     | 1.0 cup                   | 0.736                         |
| 20024  | Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched   | 170.0     | 1.0 cup                   | 0.736                         |
| 21097  | Fast foods, cheeseburger; single, large patty; with condiments and bacon  | 211.0     | 1.0 item                  | 0.734                         |
| 23172  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled     | 85.0      | 3.0 oz                    | 0.731                         |
| 23168  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz                    | 0.725                         |
| 20008  | Buckwheat   | 170.0     | 1.0 cup                   | 0.722                         |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 23170  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled        | 85.0      | 3.0 oz  | 0.721                         |
| 13953  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted        | 569.0     | 1.0 roast (yield from 690g raw meat)                                | 0.717                         |
| 05161  | Squab, (pigeon), meat only, raw  | 251.0     | 1.0 unit (yield from 1 lb ready-to-cook squab)                      | 0.715                         |
| 36060  | ON THE BORDER, soft taco with ground beef, cheese and lettuce  | 324.0     | 1.0 serving varied from 2-3 tacos per serving                       | 0.713                         |
| 17372  | Lamb, New Zealand, imported, heart, cooked, soaked and simmered  | 85.0      | 3.0 oz  | 0.712                         |
| 23223  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 85.0      | 3.0 oz  | 0.711                         |
| 21254  | BURGER KING, DOUBLE WHOPPER, no cheese   | 374.0     | 1.0 item  | 0.711                         |
| 21389  | Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise                             | 374.0     | 1.0 item  | 0.711                         |
| 36011  | T.G.I. FRIDAY'S, classic sirloin steak (10 oz)   | 176.0     | 1.0 serving   | 0.709                         |
| 01173  | Egg, white, dried  | 28.0      | 1.0 oz  | 0.708                         |
| 05305  | Ground turkey, raw   | 453.6     | 1.0 lb  | 0.708                         |
| 23221  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz  | 0.706                         |
| 08509  | Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)                                   | 28.0      | 1.0 cup (1 NLEA serving)  | 0.705                         |
| 21235  | McDONALD'S, QUARTER POUNDER with Cheese  | 199.0     | 1.0 item 7.1 oz   | 0.704                         |
| 23222  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 85.0      | 3.0 oz  | 0.703                         |
| 16111  | Soybeans, mature seeds, dry roasted  | 93.0      | 1.0 cup   | 0.702                         |
| 20083  | Wheat flour, white, bread, enriched  | 137.0     | 1.0 cup   | 0.701                         |
| 21120  | Fast foods, hotdog, with corn flour coating (corndog)  | 175.0     | 1.0 sandwich  | 0.700                         |
| 12138  | Nuts, mixed nuts, oil roasted, without peanuts, without salt added   | 144.0     | 1.0 cup   | 0.700                         |
| 12638  | Nuts, mixed nuts, oil roasted, without peanuts, with salt added  | 144.0     | 1.0 cup   | 0.700                         |
| 01129  | Egg, whole, cooked, hard-boiled  | 136.0     | 1.0 cup, chopped  | 0.698                         |
| 17147  | Game meat, bear, cooked, simmered  | 85.0      | 3.0 oz  | 0.697                         |
| 36061  | Restaurant, Mexican, soft taco with ground beef, cheese and lettuce  | 281.0     | 1.0 serving varied from 1 to 3 tacos per serving                    | 0.697                         |
| 16104  | Bacon, meatless  | 144.0     | 1.0 cup   | 0.693                         |
| 17202  | Veal, variety meats and by-products, liver, raw  | 28.35     | 1.0 oz  | 0.692                         |
| 36051  | ON THE BORDER, cheese quesadilla   | 203.0     | 1.0 serving 1 quesadilla  | 0.690                         |
| 21101  | Fast foods, cheeseburger; triple, regular patty; plain   | 249.0     | 1.0 item  | 0.680                         |
| 08501  | Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES   | 27.0      | 0.75 cup  | 0.678                         |
| 01024  | Cheese, limburger  | 134.0     | 1.0 cup   | 0.674                         |
| 43241  | Cereals ready-to-eat, FAMILIA  | 122.0     | 1.0 cup   | 0.671                         |
| 36052  | Restaurant, Mexican, cheese quesadilla   | 205.0     | 1.0 serving serving size varied on diameter and count of quesadilla | 0.662                         |
| 05142  | Duck, domesticated, meat only, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced   | 0.658                         |
| 21098  | Fast foods, cheeseburger; single, large patty; with condiments and vegetables                                      | 233.0     | 1.0 sandwich  | 0.655                         |
| 08629  | Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal  | 32.0      | 1.0 cup (1 NLEA serving)  | 0.652                         |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 21411  | Fast foods, bagel, with breakfast steak, egg, cheese, and condiments   | 254.0     | 1.0 item  | 0.648                         |
| 16047  | Beans, yellow, mature seeds, raw   | 196.0     | 1.0 cup   | 0.647                         |
| 14066  | Beverages, Protein powder whey based   | 32.0      | 0.33 cup  | 0.645                         |
| 16500  | LOMA LINDA Little Links, canned, unprepared  | 46.0      | 2.0 links   | 0.644                         |
| 21096  | Fast foods, cheeseburger; single, large patty; plain   | 182.0     | 1.0 sandwich  | 0.642                         |
| 14312  | Beverages, Malted drink mix, natural, powder, prepared with whole milk   | 265.0     | 1.0 cup (8 fl oz)                                   | 0.641                         |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH   | 31.0      | 0.75 cup (1 NLEA serving)                           | 0.641                         |
| 36012  | Restaurant, family style, fried mozzarella sticks  | 245.0     | 1.0 serving   | 0.639                         |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN   | 59.0      | 1.0 cup ( 1 NLEA serving)                           | 0.637                         |
| 16168  | Soymilk, chocolate, with added calcium, vitamins A and D   | 243.0     | 1.0 cup   | 0.637                         |
| 16166  | Soymilk, chocolate, unfortified  | 243.0     | 1.0 cup   | 0.637                         |
| 36048  | CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce  | 489.0     | 1.0 serving   | 0.636                         |
| 17195  | Lamb, variety meats and by-products, kidneys, raw  | 28.35     | 1.0 oz  | 0.635                         |
| 21014  | Fast foods, croissant, with egg, cheese, and sausage   | 171.0     | 1.0 sandwich  | 0.633                         |
| 21383  | BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese  | 171.0     | 1.0 sandwich  | 0.633                         |
| 10209  | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted   | 138.0     | 1.0 rack  | 0.632                         |
| 21253  | BURGER KING, WHOPPER, with cheese  | 316.0     | 1.0 item  | 0.632                         |
| 07040  | Liver cheese, pork   | 28.35     | 1.0 oz  | 0.631                         |
| 36618  | Restaurant, Chinese, general tso's chicken   | 535.0     | 1.0 order   | 0.631                         |
| 10961  | Pork, Shoulder petite tender, boneless, separable lean and fat, raw  | 105.0     | 1.0 piece   | 0.630                         |
| 32017  | Pasta mix, Italian four cheese lasagna, unprepared   | 117.0     | 1.0 package   | 0.628                         |
| 36046  | Restaurant, Italian, spaghetti with pomodoro sauce (no meat)   | 510.0     | 1.0 serving   | 0.627                         |
| 36622  | Restaurant, Chinese, sweet and sour pork   | 609.0     | 1.0 order   | 0.627                         |
| 36609  | CRACKER BARREL, macaroni n' cheese plate, from kid's menu  | 257.0     | 1.0 serving   | 0.625                         |
| 21362  | McDONALD'S, Sausage Biscuit with Egg   | 163.0     | 1.0 item 5.7 oz                                     | 0.621                         |
| 36053  | CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce   | 365.0     | 1.0 serving varied from 8 to 10 ravioli per serving | 0.620                         |
| 17145  | Game meat, antelope, cooked, roasted   | 85.0      | 3.0 oz  | 0.620                         |
| 01104  | Milk, chocolate, lowfat, with added vitamin A and vitamin D  | 250.0     | 1.0 cup   | 0.618                         |
| 20381  | Wheat flour, white, all-purpose, enriched, calcium-fortified   | 125.0     | 1.0 cup   | 0.618                         |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached  | 125.0     | 1.0 cup   | 0.618                         |
| 20581  | Wheat flour, white, all-purpose, enriched, unbleached  | 125.0     | 1.0 cup   | 0.618                         |
| 05141  | Duck, domesticated, meat only, raw   | 137.0     | 1.0 unit (yield from 1 lb ready-to-cook duck)       | 0.616                         |
| 23040  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 179.0     | 1.0 steak   | 0.616                         |
| 01135  | Egg, white, dried, flakes, stabilized, glucose reduced   | 28.35     | 1.0 oz  | 0.613                         |
| 21060  | Fast foods, burrito, with beans  | 217.0     | 2.0 pieces  | 0.608                         |

| NDB_No | Description   | Weight(g) | Measure                                 | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 17373  | Lamb, New Zealand, imported, heart, raw   | 113.0     | 4.0 oz                                  | 0.607                         |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX                                       | 32.0      | 1.0 cup (1 NLEA serving)                | 0.605                         |
| 21240  | WENDY'S, CLASSIC SINGLE Hamburger, with cheese                                  | 236.0     | 1.0 item                                | 0.604                         |
| 17175  | Game meat, muskrat, cooked, roasted   | 85.0      | 3.0 oz                                  | 0.603                         |
| 01048  | Cheese spread, pasteurized process, American                                    | 140.0     | 1.0 cup, diced                          | 0.603                         |
| 32010  | Pasta mix, Italian lasagna, unprepared  | 141.0     | 1.0 package                             | 0.602                         |
| 01224  | Protein supplement, milk based, Muscle Milk Light, powder                       | 50.0      | 2.0 scoop                               | 0.600                         |
| 11382  | Potatoes, mashed, dehydrated, granules with milk, dry form                      | 200.0     | 1.0 cup                                 | 0.600                         |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX  | 30.0      | 1.25 cup (1 NLEA serving)               | 0.600                         |
| 20022  | Cornmeal, degermed, enriched, yellow  | 157.0     | 1.0 cup                                 | 0.600                         |
| 20322  | Cornmeal, degermed, enriched, white   | 157.0     | 1.0 cup                                 | 0.600                         |
| 21284  | PAPA JOHN'S 14" Pepperoni Pizza, Original Crust                                 | 123.0     | 1.0 slice                               | 0.598                         |
| 08675  | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds            | 30.0      | 0.75 cup (1 NLEA serving)               | 0.597                         |
| 12029  | Seeds, sesame seed kernels, toasted, without salt added (decorticated)          | 128.0     | 1.0 cup                                 | 0.596                         |
| 12529  | Seeds, sesame seed kernels, toasted, with salt added (decorticated)             | 128.0     | 1.0 cup                                 | 0.596                         |
| 08707  | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond                      | 28.0      | 0.67 Cup (1 NLEA serving)               | 0.596                         |
| 08531  | Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt                        | 32.0      | 0.75 cup (1 NLEA serving)               | 0.595                         |
| 08471  | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus                         | 32.0      | 0.75 cup (1 NLEA serving)               | 0.595                         |
| 08584  | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight                    | 31.0      | 0.75 cup (1 NLEA serving)               | 0.595                         |
| 08507  | Cereals ready-to-eat, RALSTON Crispy Hexagons                                   | 29.0      | 1.0 cup (1 NLEA serving)                | 0.595                         |
| 08613  | Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey             | 29.0      | 0.666 cup (1 NLEA serving)              | 0.594                         |
| 16114  | Tempeh  | 166.0     | 1.0 cup                                 | 0.594                         |
| 05622  | Emu, ground, cooked, pan-broiled  | 109.0     | 1.0 patty (yield from 135.8 g raw meat) | 0.594                         |
| 08602  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan              | 30.0      | 0.75 cup (1 NLEA serving)               | 0.594                         |
| 08543  | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond                       | 30.0      | 0.75 cup (1 NLEA serving)               | 0.594                         |
| 08603  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry                    | 30.0      | 0.75 cup (1 NLEA serving)               | 0.594                         |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                              | 31.0      | 1.0 cup (1 NLEA serving)                | 0.592                         |
| 08701  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain                  | 31.0      | 1.0 Cup (1 NLEA serving)                | 0.592                         |
| 08711  | Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch | 31.0      | 0.75 Cup (1 NLEA serving)               | 0.592                         |
| 08383  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries                  | 31.0      | 1.0 cup (1 NLEA serving)                | 0.592                         |
| 08453  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry        | 29.0      | 0.75 Cup (1 NLEA serving)               | 0.592                         |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX                                | 29.0      | 1.0 cup (1 NLEA serving)                | 0.592                         |
| 21360  | McDONALD'S, Bacon Egg & Cheese Biscuit  | 142.0     | 1.0 item 4.9 oz                         | 0.591                         |
| 20084  | Wheat flour, white, cake, enriched  | 137.0     | 1.0 cup unsifted, dipped                | 0.589                         |
| 12175  | Nuts, chestnuts, japanese, dried  | 155.0     | 1.0 cup                                 | 0.589                         |
| 21234  | McDONALD'S, QUARTER POUNDER   | 171.0     | 1.0 item                                | 0.588                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 08587  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola                                   | 52.0      | 0.5 cup (1 NLEA serving)   | 0.588                         |
| 13379  | Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised     | 235.0     | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.588                         |
| 35190  | Salmon, red (sockeye), filets with skin, smoked (Alaska Native)                                      | 108.0     | 1.0 filet  | 0.586                         |
| 36611  | DENNY'S, mozzarella cheese sticks  | 228.0     | 1.0 serving  | 0.586                         |
| 08478  | Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS  | 27.0      | 0.75 cup (1 NLEA serving)  | 0.585                         |
| 21245  | WENDY'S, Ultimate Chicken Grill Sandwich   | 225.0     | 1.0 item   | 0.585                         |
| 36059  | Restaurant, Italian, chicken parmesan without pasta  | 301.0     | 1.0 serving  | 0.581                         |
| 20031  | Millet, raw  | 200.0     | 1.0 cup  | 0.580                         |
| 21305  | Fast foods, griddle cake sandwich, egg, cheese, and sausage  | 199.0     | 1.0 item   | 0.577                         |
| 21329  | McDONALD'S, Sausage, Egg & Cheese McGRIDDLES   | 199.0     | 1.0 item 7 oz  | 0.577                         |
| 23286  | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 135.0     | 1.0 fillet   | 0.576                         |
| 36013  | Restaurant, family style, sirloin steak  | 166.0     | 1.0 serving  | 0.576                         |
| 14036  | Beverages, CYTOSPORT, Muscle Milk, ready-to-drink  | 414.0     | 14.0 fl oz   | 0.575                         |
| 20078  | Wheat germ, crude  | 115.0     | 1.0 cup  | 0.574                         |
| 23274  | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled        | 129.0     | 1.0 fillet   | 0.573                         |
| 21359  | McDONALD'S, Sausage McMUFFIN with Egg  | 165.0     | 1.0 item 5.8 oz  | 0.568                         |
| 07911  | Liverwurst spread  | 55.0      | 0.25 cup   | 0.566                         |
| 21270  | TACO BELL, Taco Salad  | 533.0     | 1.0 item   | 0.565                         |
| 01009  | Cheese, cheddar  | 132.0     | 1.0 cup, diced   | 0.565                         |
| 21004  | Fast foods, biscuit, with egg and ham  | 182.0     | 1.0 biscuit  | 0.564                         |
| 14059  | Beverages, KELLOGG'S, SPECIAL K Protein Shake  | 296.0     | 1.0 serving  | 0.562                         |
| 20093  | Pasta, fresh-refrigerated, plain, as purchased   | 128.0     | 4.5 oz   | 0.562                         |
| 21526  | CHICK-FIL-A, chicken sandwich  | 187.0     | 1.0 sandwich   | 0.561                         |
| 21102  | Fast foods, chicken fillet sandwich, plain with pickles  | 187.0     | 1.0 sandwich   | 0.561                         |
| 14044  | Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan                | 295.0     | 1.0 bottle   | 0.560                         |
| 14045  | Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan                 | 295.0     | 1.0 bottle   | 0.560                         |
| 22119  | MORNINGSTAR FARMS Veggie Dog, frozen, unprepared   | 40.0      | 1.0 link   | 0.560                         |
| 10116  | Pork, fresh, variety meats and by-products, pancreas, cooked, braised                                | 85.0      | 3.0 oz   | 0.559                         |
| 36047  | OLIVE GARDEN, spaghetti with pomodoro sauce  | 478.0     | 1.0 serving  | 0.559                         |
| 21099  | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham                   | 254.0     | 1.0 sandwich   | 0.559                         |
| 17346  | Game meat, deer, shoulder clod, separable lean only, cooked, braised                                 | 85.0      | 1.0 serving ( 3 oz )   | 0.558                         |
| 05149  | Goose, domesticated, meat only, cooked, roasted  | 143.0     | 1.0 unit (yield from 1 lb ready-to-cook goose)                             | 0.558                         |
| 21510  | WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single  | 215.0     | 1.0 sandwich   | 0.553                         |
| 21397  | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise            | 215.0     | 1.0 sandwich   | 0.553                         |
| 10974  | Pork, ground, 72% lean / 28% fat, cooked, crumbles   | 113.0     | 4.0 oz   | 0.551                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 11521  | Taro leaves, cooked, steamed, without salt  | 145.0     | 1.0 cup  | 0.551                         |
| 11879  | Taro, leaves, cooked, steamed, with salt  | 145.0     | 1.0 cup  | 0.551                         |
| 08159  | Cereals, corn grits, yellow, regular and quick, enriched, dry                                   | 170.0     | 1.0 cup  | 0.551                         |
| 01139  | Egg, goose, whole, fresh, raw   | 144.0     | 1.0 egg  | 0.550                         |
| 36049  | ON THE BORDER, cheese enchilada   | 250.0     | 1.0 serving serving size varied from 1 to 3 enchiladas | 0.550                         |
| 05627  | Emu, full rump, cooked, broiled   | 85.0      | 1.0 serving ( 3 oz )                                   | 0.548                         |
| 20086  | Wheat flour, white, tortilla mix, enriched  | 111.0     | 1.0 cup  | 0.547                         |
| 43379  | Cheese, pasteurized process, swiss, low fat   | 140.0     | 1.0 cup, diced   | 0.546                         |
| 43275  | Cheese, pasteurized process, American, low fat  | 140.0     | 1.0 cup, diced   | 0.546                         |
| 08673  | Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS                                     | 55.0      | 1.0 cup (1 NLEA serving)                               | 0.544                         |
| 36050  | Restaurant, Mexican, cheese enchilada   | 244.0     | 1.0 serving serving size varied from 1 to 3 enchiladas | 0.544                         |
| 21115  | Fast foods, hamburger, large, triple patty, with condiments                                     | 259.0     | 1.0 sandwich   | 0.544                         |
| 14173  | Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened                        | 281.0     | 9.5 fl oz  | 0.542                         |
| 20035  | Quinoa, uncooked  | 170.0     | 1.0 cup  | 0.541                         |
| 17197  | Veal, variety meats and by-products, kidneys, raw   | 28.35     | 1.0 oz   | 0.539                         |
| 21064  | Fast foods, burrito, with beans, cheese, and beef   | 241.0     | 1.0 burrito  | 0.537                         |
| 21265  | TACO BELL, BURRITO SUPREME with beef  | 241.0     | 1.0 burrito  | 0.537                         |
| 35211  | Caribou, hind quarter, meat, cooked (Alaska Native)   | 66.0      | 0.5 cup  | 0.537                         |
| 05621  | Emu, ground, raw  | 117.0     | 1.0 patty  | 0.535                         |
| 20025  | Cornmeal, yellow, self-rising, degermed, enriched   | 138.0     | 1.0 cup  | 0.534                         |
| 20325  | Cornmeal, white, self-rising, degermed, enriched  | 138.0     | 1.0 cup  | 0.534                         |
| 32008  | Pasta mix, classic cheeseburger macaroni, unprepared  | 123.0     | 1.0 package  | 0.533                         |
| 21157  | SUBWAY, meatball marinara sub on white bread (no toppings)                                      | 209.0     | 6.0 inch sub   | 0.529                         |
| 21158  | Fast foods, submarine sandwich, meatball marinara on white bread                                | 209.0     | 6.0 inch sub   | 0.529                         |
| 21159  | SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato              | 201.0     | 6.0 inch sub   | 0.529                         |
| 21160  | Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato | 201.0     | 6.0 inch sub   | 0.529                         |
| 36608  | CRACKER BARREL, grilled sirloin steak   | 151.0     | 1.0 steak  | 0.528                         |
| 11350  | Pokeberry shoots, (poke), raw   | 160.0     | 1.0 cup  | 0.528                         |
| 05629  | Emu, inside drums, cooked, broiled  | 85.0      | 1.0 serving ( 3 oz )                                   | 0.528                         |
| 21390  | Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise          | 247.0     | 1.0 item   | 0.526                         |
| 16083  | Mungo beans, mature seeds, raw  | 207.0     | 1.0 cup  | 0.526                         |
| 20004  | Barley, hulled  | 184.0     | 1.0 cup  | 0.524                         |
| 18010  | Biscuits, plain or buttermilk, dry mix  | 120.0     | 1.0 cup, purchased                                     | 0.524                         |
| 12135  | Nuts, mixed nuts, dry roasted, with peanuts, without salt added                                 | 131.0     | 1.0 cup  | 0.524                         |
| 21213  | SUBWAY, cold cut sub on white bread with lettuce and tomato                                     | 196.0     | 6.0 inch sub   | 0.523                         |
| 21124  | Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato                 | 196.0     | 6.0 inch sub   | 0.523                         |

| NDB_No | Description   | Weight(g) | Measure                                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS                     | 28.0      | 0.75 cup ( 1 NLEA serving)                | 0.523                         |
| 21307  | Fast foods, griddle cake sandwich, egg, cheese, and bacon                   | 174.0     | 1.0 item 6.1 oz                           | 0.522                         |
| 20142  | Teff, uncooked  | 193.0     | 1.0 cup                                   | 0.521                         |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                     | 30.0      | 0.75 cup ( 1 NLEA serving)                | 0.519                         |
| 17169  | Game meat, goat, cooked, roasted  | 85.0      | 3.0 oz                                    | 0.518                         |
| 21006  | Fast foods, biscuit with egg and steak                                      | 148.0     | 1.0 biscuit                               | 0.518                         |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched                      | 125.0     | 1.0 cup                                   | 0.518                         |
| 21398  | Fast foods, cheeseburger; single, large patty; with condiments              | 199.0     | 1.0 item                                  | 0.517                         |
| 11987  | Mushrooms, oyster, raw  | 148.0     | 1.0 large                                 | 0.517                         |
| 32009  | Pasta mix, classic beef, unprepared   | 122.0     | 1.0 package                               | 0.516                         |
| 01025  | Cheese, monterey  | 132.0     | 1.0 cup, diced                            | 0.515                         |
| 42189  | Milk, buttermilk, fluid, cultured, reduced fat                              | 245.0     | 1.0 cup                                   | 0.514                         |
| 21214  | SUBWAY, tuna sub on white bread with lettuce and tomato                     | 237.0     | 6.0 inch sub                              | 0.514                         |
| 21126  | Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato | 237.0     | 6.0 inch sub                              | 0.514                         |
| 10013  | Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted  | 135.0     | 1.0 cup, diced                            | 0.512                         |
| 19355  | Syrups, sorghum   | 330.0     | 1.0 cup                                   | 0.512                         |
| 16243  | SILK Plus Fiber, soymilk  | 243.0     | 1.0 cup                                   | 0.510                         |
| 16240  | SILK Light Chocolate, soymilk   | 243.0     | 1.0 cup                                   | 0.510                         |
| 16237  | SILK Chocolate, soymilk   | 243.0     | 1.0 cup                                   | 0.510                         |
| 16244  | SILK Unsweetened, soymilk   | 243.0     | 1.0 cup                                   | 0.510                         |
| 16241  | SILK Plus Omega-3 DHA, soymilk  | 243.0     | 1.0 cup                                   | 0.510                         |
| 16238  | SILK Light Plain, soymilk   | 243.0     | 1.0 cup                                   | 0.510                         |
| 16235  | SILK Plain, soymilk   | 243.0     | 1.0 cup                                   | 0.510                         |
| 16245  | SILK Very Vanilla, soymilk  | 243.0     | 1.0 cup                                   | 0.510                         |
| 16242  | SILK Plus for Bone Health, soymilk  | 243.0     | 1.0 cup                                   | 0.510                         |
| 16239  | SILK Light Vanilla, soymilk   | 243.0     | 1.0 cup                                   | 0.510                         |
| 16236  | SILK Vanilla, soymilk   | 243.0     | 1.0 cup                                   | 0.510                         |
| 16249  | SILK Coffee, soymilk  | 243.0     | 1.0 cup                                   | 0.510                         |
| 17165  | Game meat, deer, cooked, roasted  | 85.0      | 3.0 oz                                    | 0.510                         |
| 17348  | Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled  | 102.0     | 1.0 steak ( yield from 134.9 g raw meat ) | 0.510                         |
| 22126  | LOMA LINDA Big Franks, canned, unprepared                                   | 51.0      | 1.0 link                                  | 0.510                         |
| 16508  | LOMA LINDA Tender Bits, canned, unprepared                                  | 85.0      | 6.0 pieces                                | 0.510                         |
| 20095  | Pasta, fresh-refrigerated, spinach, as purchased                            | 128.0     | 4.5 oz                                    | 0.509                         |
| 36613  | DENNY'S, macaroni & cheese, from kid's menu                                 | 180.0     | 1.0 serving                               | 0.509                         |
| 21252  | BURGER KING, WHOPPER, no cheese   | 291.0     | 1.0 item                                  | 0.509                         |
| 05624  | Emu, fan fillet, cooked, broiled  | 85.0      | 1.0 serving ( 3 oz )                      | 0.509                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 08505  | Cereals ready-to-eat, RALSTON Corn Biscuits   | 30.0      | 1.0 cup (NLEA serving)    | 0.509                         |
| 23171  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw     | 85.0      | 3.0 oz                    | 0.507                         |
| 08107  | Cereals, CREAM OF WHEAT, instant, prepared with water, without salt                                 | 241.0     | 1.0 cup                   | 0.506                         |
| 11380  | Potatoes, mashed, dehydrated, granules without milk, dry form                                       | 200.0     | 1.0 cup                   | 0.506                         |
| 28011  | KELLOGG'S, EGGO, Waffles, Cinnamon Toast  | 92.0      | 3.0 sets                  | 0.506                         |
| 14179  | Beverages, coffee, ready to drink, milk based, sweetened  | 262.0     | 1.0 cup                   | 0.506                         |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)   | 234.0     | 1.0 cup, cooked           | 0.503                         |
| 16222  | Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D                            | 243.0     | 1.0 cup                   | 0.503                         |
| 01161  | Cheese substitute, mozzarella   | 113.0     | 1.0 cup, shredded         | 0.502                         |
| 08549  | Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal                                       | 32.0      | 0.75 cup (1 NLEA serving) | 0.501                         |
| 11263  | Mushrooms, white, stir-fried  | 108.0     | 1.0 cup sliced            | 0.500                         |
| 23169  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz                    | 0.500                         |
| 10073  | Pork, fresh, shoulder, whole, separable lean only, cooked, roasted                                  | 135.0     | 1.0 cup, diced            | 0.500                         |
| 21023  | Fast foods, french toast with butter  | 135.0     | 2.0 slices                | 0.500                         |
| 16052  | Broadbeans (fava beans), mature seeds, raw  | 150.0     | 1.0 cup                   | 0.500                         |
| 21018  | Fast foods, egg, scrambled  | 96.0      | 2.0 eggs                  | 0.499                         |
| 20131  | Barley malt flour   | 162.0     | 1.0 cup                   | 0.499                         |
| 21461  | Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise   | 268.0     | 1.0 sandwich              | 0.498                         |
| 21152  | SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato                                      | 207.0     | 6.0 inch sub              | 0.497                         |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE  | 32.0      | 0.75 cup (1 NLEA serving) | 0.496                         |
| 14629  | Beverages, Energy drink, ROCKSTAR   | 31.0      | 1.0 fl oz                 | 0.496                         |
| 01043  | Cheese, pasteurized process, pimento  | 140.0     | 1.0 cup, diced            | 0.496                         |
| 36058  | OLIVE GARDEN, chicken parmigiana without pasta  | 304.0     | 1.0 serving               | 0.496                         |
| 21327  | McDONALD'S, Bacon, Egg & Cheese McGRIDDLES  | 165.0     | 1.0 item 5.8 oz           | 0.495                         |
| 01011  | Cheese, colby   | 132.0     | 1.0 cup, diced            | 0.495                         |
| 08481  | Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES   | 30.0      | 0.75 cup (1 NLEA serving) | 0.495                         |
| 01169  | Cheese, low-sodium, cheddar or colby  | 132.0     | 1.0 cup, diced            | 0.495                         |
| 15200  | Fish, mackerel, king, cooked, dry heat  | 85.0      | 3.0 oz                    | 0.493                         |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH  | 27.0      | 0.75 cup (1 NLEA serving) | 0.492                         |
| 21100  | Fast foods, cheeseburger; double, large patty, with condiments and vegetables                       | 258.0     | 1.0 sandwich              | 0.490                         |
| 16109  | Soybeans, mature cooked, boiled, without salt   | 172.0     | 1.0 cup                   | 0.490                         |
| 16409  | Soybeans, mature seeds, cooked, boiled, with salt   | 172.0     | 1.0 cup                   | 0.490                         |
| 43398  | Cheese, pasteurized process, cheddar or American, low sodium  | 140.0     | 1.0 cup, diced            | 0.490                         |
| 01295  | Yogurt, vanilla, non-fat  | 245.0     | 1.0 cup (8 fl oz)         | 0.490                         |
| 43287  | Dove, cooked (includes squab)   | 140.0     | 1.0 cup, chopped or diced | 0.490                         |
| 23173  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw     | 85.0      | 3.0 oz                    | 0.489                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 16225  | Soymilk, original and vanilla, light, with added calcium, vitamins A and D   | 243.0     | 1.0 cup                   | 0.488                         |
| 16227  | Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D                                      | 243.0     | 1.0 cup                   | 0.488                         |
| 08628  | Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal  | 32.0      | 0.75 cup (1 NLEA serving) | 0.488                         |
| 21125  | Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato                                      | 190.0     | 6.0 inch sub              | 0.488                         |
| 21210  | SUBWAY, roast beef sub on white bread with lettuce and tomato  | 190.0     | 6.0 inch sub              | 0.488                         |
| 20023  | Cornmeal, yellow, self-rising, bolted, plain, enriched   | 122.0     | 1.0 cup                   | 0.488                         |
| 20323  | Cornmeal, white, self-rising, bolted, plain, enriched  | 122.0     | 1.0 cup                   | 0.488                         |
| 11939  | Mushrooms, portabella, exposed to ultraviolet light, grilled   | 121.0     | 1.0 cup sliced            | 0.488                         |
| 11243  | Mushrooms, portabella, grilled   | 121.0     | 1.0 cup sliced            | 0.488                         |
| 14318  | Beverages, Malted drink mix, chocolate, powder, prepared with whole milk   | 265.0     | 1.0 cup (8 fl oz)         | 0.488                         |
| 08506  | Cereals ready-to-eat, RALSTON Corn Flakes  | 28.0      | 1.0 cup (1 NLEA serving)  | 0.487                         |
| 21002  | Fast foods, biscuit, with egg  | 136.0     | 1.0 biscuit               | 0.487                         |
| 09422  | Durian, raw or frozen  | 243.0     | 1.0 cup, chopped or diced | 0.486                         |
| 01204  | Cheese, parmesan, dry grated, reduced fat  | 100.0     | 1.0 cup                   | 0.486                         |
| 05132  | Chicken, stewing, dark meat, meat only, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced | 0.486                         |
| 21150  | SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce                     | 228.0     | 6.0 inch sub              | 0.486                         |
| 21151  | Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce | 228.0     | 6.0 inch sub              | 0.486                         |
| 17442  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted     | 85.0      | 3.0 oz                    | 0.484                         |
| 16223  | Soymilk (All flavors), enhanced  | 243.0     | 1.0 cup                   | 0.484                         |
| 17459  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted  | 85.0      | 3.0 oz                    | 0.483                         |
| 01057  | Eggnog   | 254.0     | 1.0 cup                   | 0.483                         |
| 16080  | Mung beans, mature seeds, raw  | 207.0     | 1.0 cup                   | 0.482                         |
| 18943  | Pie Crust, Cookie-type, Chocolate, Ready Crust   | 182.0     | 1.0 crust                 | 0.482                         |
| 06182  | Soup, cream of mushroom, canned, condensed, reduced sodium   | 251.0     | 1.0 cup                   | 0.482                         |
| 10106  | Pork, fresh, variety meats and by-products, kidneys, raw   | 28.35     | 1.0 oz                    | 0.481                         |
| 08487  | Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal  | 30.0      | 0.75 cup (1 NLEA serving) | 0.480                         |
| 16602  | MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared   | 80.0      | 5.0 meatballs             | 0.480                         |
| 08550  | Cereals ready-to-eat, QUAKER, Christmas Crunch   | 26.0      | 0.75 cup (1 NLEA serving) | 0.480                         |
| 14177  | Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk   | 266.0     | 1.0 cup (8 fl oz)         | 0.479                         |
| 17347  | Game meat, deer, tenderloin, separable lean only, cooked, broiled  | 85.0      | 1.0 serving ( 3 oz )      | 0.479                         |
| 23225  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw                     | 85.0      | 3.0 oz                    | 0.478                         |
| 21410  | Fast foods, bagel, with egg, sausage patty, cheese, and condiments   | 219.0     | 1.0 item                  | 0.477                         |
| 01081  | Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D                            | 246.0     | 1.0 cup                   | 0.477                         |

| NDB_No | Description   | Weight(g) | Measure                     | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-----------------------------|-------------------------------|
| 01087  | Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)                          | 246.0     | 1.0 cup                     | 0.477                         |
| 08588  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal  | 30.0      | 1.0 cup (1 NLEA serving)    | 0.477                         |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain  | 32.0      | 0.75 cup (1 NLEA serving)   | 0.477                         |
| 21458  | POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading  | 138.0     | 1.0 thigh with skin         | 0.476                         |
| 08688  | Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber  | 45.0      | 1.0 packet (1 NLEA serving) | 0.476                         |
| 08632  | Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple  | 56.0      | 1.0 cup (1 NLEA serving)    | 0.476                         |
| 17445  | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz                      | 0.476                         |
| 08214  | Cereals ready-to-eat, QUAKER, Oatmeal Squares   | 56.0      | 1.0 cup (1 NLEA serving)    | 0.476                         |
| 01152  | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A                            | 245.0     | 1.0 cup                     | 0.475                         |
| 42155  | Cheese, monterey, low fat   | 132.0     | 1.0 cup, diced              | 0.475                         |
| 06167  | Sauce, homemade, white, thick   | 250.0     | 1.0 cup                     | 0.475                         |
| 16055  | Carob flour   | 103.0     | 1.0 cup                     | 0.475                         |
| 01094  | Milk, buttermilk, dried   | 30.0      | 0.25 cup                    | 0.474                         |
| 14252  | Beverages, Malt liquor beverage   | 1184.0    | 1.0 bottle                  | 0.474                         |
| 05632  | Emu, top loin, cooked, broiled  | 85.0      | 1.0 serving ( 3 oz )        | 0.473                         |
| 23224  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw                  | 85.0      | 3.0 oz                      | 0.473                         |
| 01256  | Yogurt, Greek, plain, nonfat  | 170.0     | 1.0 container               | 0.473                         |
| 01084  | Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D                                  | 246.0     | 1.0 cup                     | 0.472                         |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted   | 135.0     | 1.0 cup, diced              | 0.471                         |
| 43410  | Chicken, meatless, breaded, fried   | 130.0     | 1.0 cup, diced              | 0.471                         |
| 08215  | Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon   | 56.0      | 1.0 cup (1 NLEA serving)    | 0.470                         |
| 21385  | BURGER KING, CROISSAN'WICH with Egg and Cheese  | 110.0     | 1.0 item                    | 0.469                         |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES   | 26.0      | 0.75 cup (1 NLEA serving)   | 0.468                         |
| 11794  | Lambquarters, cooked, boiled, drained, with salt  | 180.0     | 1.0 cup, chopped            | 0.468                         |
| 08625  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch   | 26.0      | 0.75 cup (1 NLEA serving)   | 0.468                         |
| 11245  | Lambquarters, cooked, boiled, drained, without salt   | 180.0     | 1.0 cup, chopped            | 0.468                         |
| 11261  | Mushrooms, white, cooked, boiled, drained, without salt   | 156.0     | 1.0 cup pieces              | 0.468                         |
| 11797  | Mushrooms, white, cooked, boiled, drained, with salt  | 156.0     | 1.0 cup pieces              | 0.468                         |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH   | 27.0      | 0.75 cup (1 NLEA serving)   | 0.468                         |
| 08059  | Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP  | 27.0      | 1.0 cup (1 NLEA serving)    | 0.468                         |
| 08216  | Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps   | 57.0      | 1.25 cup (1 NLEA serving)   | 0.467                         |
| 08018  | Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN   | 27.0      | 0.75 cup (1 NLEA serving)   | 0.467                         |
| 01287  | Yogurt, Greek, plain, lowfat  | 200.0     | 1.0 container (7 oz)        | 0.466                         |
| 01029  | Cheese, mozzarella, low moisture, part-skim   | 132.0     | 1.0 cup, diced              | 0.466                         |
| 23226  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw                      | 85.0      | 3.0 oz                      | 0.466                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 01093  | Milk, dry, nonfat, calcium reduced  | 28.35     | 1.0 oz                    | 0.466                         |
| 21393  | Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce                   | 205.0     | 1.0 item                  | 0.465                         |
| 14182  | Beverages, chocolate syrup, prepared with whole milk  | 282.0     | 1.0 cup (8 fl oz)         | 0.465                         |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS   | 27.0      | 0.75 cup (1 NLEA serving) | 0.465                         |
| 01091  | Milk, dry, nonfat, regular, without added vitamin A and vitamin D   | 30.0      | 0.25 cup                  | 0.465                         |
| 01154  | Milk, dry, nonfat, regular, with added vitamin A and vitamin D  | 30.0      | 0.25 cup                  | 0.465                         |
| 06498  | Soup, tomato, dry, mix, prepared with water   | 265.0     | 1.0 cup 8 fl oz           | 0.464                         |
| 21357  | McDONALD'S, Egg McMUFFIN  | 126.0     | 1.0 sandwich              | 0.464                         |
| 01005  | Cheese, brick   | 132.0     | 1.0 cup, diced            | 0.463                         |
| 21469  | Fast Foods, Fried Chicken, Breast, meat and skin and breading   | 203.0     | 1.0 breast, with skin     | 0.463                         |
| 06166  | Sauce, homemade, white, medium  | 250.0     | 1.0 cup                   | 0.462                         |
| 10136  | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted  | 140.0     | 1.0 cup                   | 0.462                         |
| 11029  | Beans, kidney, mature seeds, sprouted, raw  | 184.0     | 1.0 cup                   | 0.460                         |
| 06165  | Sauce, homemade, white, thin  | 250.0     | 1.0 cup                   | 0.460                         |
| 17439  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz                    | 0.459                         |
| 28307  | Bread, naan, plain, commercially prepared, refrigerated   | 90.0      | 1.0 piece                 | 0.459                         |
| 09213  | Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium  | 262.0     | 1.0 cup                   | 0.458                         |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted  | 262.0     | 1.0 cup                   | 0.458                         |
| 21462  | Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise                   | 271.0     | 1.0 sandwich              | 0.458                         |
| 21237  | McDONALD'S, BIG MAC   | 219.0     | 1.0 item 7.6 oz           | 0.458                         |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D                                 | 250.0     | 1.0 cup                   | 0.458                         |
| 17444  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw             | 114.0     | 4.0 oz                    | 0.456                         |
| 17446  | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw         | 114.0     | 4.0 oz                    | 0.456                         |
| 21154  | Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato                         | 198.0     | 6.0 inch sub              | 0.455                         |
| 21211  | SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato   | 198.0     | 6.0 inch sub              | 0.455                         |
| 01174  | Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D   | 246.0     | 1.0 cup                   | 0.455                         |
| 01105  | Milk, chocolate beverage, hot cocoa, homemade   | 250.0     | 1.0 cup                   | 0.455                         |
| 14062  | Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink  | 254.0     | 8.0 fl oz                 | 0.455                         |
| 21340  | McDONALD'S, Sausage Burrito   | 109.0     | 1.0 burrito               | 0.455                         |
| 21519  | Fast foods, breakfast burrito, with egg, cheese, and sausage  | 109.0     | 1.0 burrito               | 0.455                         |
| 10206  | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted                             | 138.0     | 1.0 rack                  | 0.454                         |
| 21267  | TACO BELL, BURRITO SUPREME with steak   | 248.0     | 1.0 item                  | 0.454                         |
| 21008  | Fast foods, biscuit, with ham   | 162.0     | 1.0 biscuit               | 0.454                         |
| 21604  | School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked                                       | 133.0     | 1.0 piece 4" x 6"         | 0.452                         |
| 05147  | Goose, domesticated, meat and skin, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced | 0.452                         |

| NDB_No | Description  | Weight(g) | Measure                     | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-----------------------------|-------------------------------|
| 06626  | Sauce, pesto, ready-to-serve, refrigerated   | 63.0      | 0.25 cup                    | 0.452                         |
| 06628  | Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated  | 63.0      | 0.25 cup                    | 0.452                         |
| 14245  | Beverages, Eggnog-flavor mix, powder, prepared with whole milk   | 272.0     | 1.0 cup (8 fl oz)           | 0.452                         |
| 01175  | Milk, fluid, 1% fat, without added vitamin A and vitamin D   | 244.0     | 1.0 cup                     | 0.451                         |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D  | 244.0     | 1.0 cup                     | 0.451                         |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D   | 244.0     | 1.0 cup                     | 0.451                         |
| 21600  | School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked   | 130.0     | 1.0 piece 4"x6"             | 0.451                         |
| 36000  | APPLEBEE'S, 9 oz house sirloin steak   | 157.0     | 1.0 serving                 | 0.451                         |
| 08309  | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES  | 30.0      | 0.75 cup (1 NLEA serving)   | 0.450                         |
| 42236  | Cereals ready-to-eat, frosted oat cereal with marshmallows   | 30.0      | 0.75 cup (1 NLEA serving)   | 0.450                         |
| 08204  | Cereals ready-to-eat, chocolate-flavored frosted puffed corn   | 30.0      | 1.0 cup                     | 0.450                         |
| 43597  | Cheese, mozzarella, low sodium   | 132.0     | 1.0 cup, diced              | 0.449                         |
| 08633  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches   | 56.0      | 1.0 cup (1 NLEA serving)    | 0.448                         |
| 11450  | Soybeans, green, raw   | 256.0     | 1.0 cup                     | 0.448                         |
| 10985  | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled                                      | 122.0     | 1.0 rack                    | 0.448                         |
| 10986  | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled                                       | 122.0     | 1.0 rack                    | 0.448                         |
| 08124  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry   | 43.0      | 1.0 packet (1 NLEA serving) | 0.447                         |
| 21209  | SUBWAY, black forest ham sub on white bread with lettuce and tomato  | 184.0     | 6.0 inch sub                | 0.447                         |
| 21156  | Fast foods, submarine sandwich, ham on white bread with lettuce and tomato   | 184.0     | 6.0 inch sub                | 0.447                         |
| 16139  | Soymilk, original and vanilla, with added calcium, vitamins A and D  | 243.0     | 1.0 cup                     | 0.447                         |
| 21239  | WENDY'S, CLASSIC SINGLE Hamburger, no cheese   | 218.0     | 1.0 item                    | 0.447                         |
| 21285  | PAPA JOHN'S 14" The Works Pizza, Original Crust  | 153.0     | 1.0 slice                   | 0.447                         |
| 21350  | McDONALD'S, BIG MAC (without Big Mac Sauce)  | 200.0     | 1.0 item                    | 0.446                         |
| 01085  | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)   | 245.0     | 1.0 cup                     | 0.446                         |
| 01151  | Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)  | 245.0     | 1.0 cup                     | 0.446                         |
| 11962  | Peppers, hot chile, sun-dried  | 37.0      | 1.0 cup                     | 0.446                         |
| 21022  | Fast foods, english muffin, with egg, cheese, and sausage  | 165.0     | 1.0 item                    | 0.446                         |
| 14169  | Beverages, Carob-flavor beverage mix, powder, prepared with whole milk   | 256.0     | 1.0 cup (8 fl oz)           | 0.445                         |
| 17457  | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz                      | 0.445                         |
| 16045  | Beans, small white, mature seeds, raw  | 215.0     | 1.0 cup                     | 0.445                         |
| 08596  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight  | 50.0      | 1.0 cup (1 NLEA serving)    | 0.445                         |
| 17316  | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw   | 114.0     | 4.0 oz                      | 0.445                         |
| 20009  | Buckwheat groats, roasted, dry   | 164.0     | 1.0 cup                     | 0.444                         |
| 10071  | Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted  | 135.0     | 1.0 cup, diced              | 0.444                         |

| NDB_No | Description  | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 19079  | Candies, confectioner's coating, yogurt  | 170.0     | 1.0 cup chips                            | 0.444                         |
| 15215  | Fish, shad, american, cooked, dry heat   | 144.0     | 1.0 fillet                               | 0.444                         |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk                                  | 252.0     | 1.0 serving 1 cup                        | 0.444                         |
| 21476  | DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked   | 179.0     | 1.0 slice 1/4 of pie                     | 0.442                         |
| 17182  | Game meat, raccoon, cooked, roasted  | 85.0      | 3.0 oz                                   | 0.442                         |
| 08047  | Cereals ready-to-eat, QUAKER, KING VITAMAN   | 31.0      | 1.5 cup (1 NLEA serving)                 | 0.442                         |
| 16035  | Beans, kidney, royal red, mature seeds, raw  | 184.0     | 1.0 cup                                  | 0.442                         |
| 20105  | Macaroni, vegetable, enriched, dry   | 84.0      | 1.0 cup spiral shaped                    | 0.441                         |
| 16074  | Lima beans, thin seeded (baby), mature seeds, raw  | 202.0     | 1.0 cup                                  | 0.440                         |
| 21400  | Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce                   | 219.0     | 1.0 item                                 | 0.440                         |
| 08599  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS   | 55.0      | 1.0 cup (1 NLEA serving)                 | 0.440                         |
| 42265  | Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan   | 55.0      | 0.75 cup (1 NLEA serving)                | 0.440                         |
| 08192  | Cereals ready-to-eat, POST SELECTS Blueberry Morning   | 55.0      | 1.25 cup (1 NLEA serving)                | 0.440                         |
| 08668  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds   | 55.0      | 1.0 cup (1 NLEA serving)                 | 0.440                         |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4   | 55.0      | 1.0 cup (1 NLEA serving)                 | 0.440                         |
| 22959  | Macaroni and cheese dinner with dry sauce mix, boxed, uncooked   | 70.0      | 1.0 serving (makes about 1 cup prepared) | 0.438                         |
| 16093  | Peanuts, valencia, raw   | 146.0     | 1.0 cup                                  | 0.438                         |
| 17453  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz                                   | 0.437                         |
| 36617  | Restaurant, Chinese, lemon chicken   | 623.0     | 1.0 order                                | 0.436                         |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN   | 49.0      | 0.75 cup (1 NLEA serving)                | 0.436                         |
| 08655  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches   | 29.0      | 0.75 cup (1 NLEA serving)                | 0.435                         |
| 08039  | Cereals ready-to-eat, POST, GRAPE-NUTS Flakes  | 29.0      | 0.75 cup (1 NLEA serving)                | 0.435                         |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS   | 29.0      | 0.75 cup (1 NLEA serving)                | 0.435                         |
| 08015  | Cereals ready-to-eat, POST, COCOA PEBBLES  | 29.0      | 0.75 cup (1 NLEA serving)                | 0.435                         |
| 08087  | Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS  | 29.0      | 1.0 cup (1 NLEA serving)                 | 0.435                         |
| 08662  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries  | 31.0      | 0.75 cup (1 NLEA serving)                | 0.434                         |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS  | 31.0      | 0.75 cup (1 NLEA serving)                | 0.434                         |
| 16024  | Beans, great northern, mature seeds, raw   | 183.0     | 1.0 cup                                  | 0.434                         |
| 10122  | Pork, fresh, variety meats and by-products, tongue, cooked, braised  | 85.0      | 3.0 oz                                   | 0.434                         |
| 10962  | Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised   | 85.0      | 3.0 oz                                   | 0.434                         |
| 16001  | Beans, adzuki, mature seeds, raw   | 197.0     | 1.0 cup                                  | 0.433                         |
| 21095  | Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables                               | 228.0     | 1.0 sandwich                             | 0.433                         |
| 17443  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw                 | 114.0     | 4.0 oz                                   | 0.433                         |
| 07014  | Braunschweiger (a liver sausage), pork   | 28.35     | 1.0 oz                                   | 0.432                         |
| 36040  | CRACKER BARREL, macaroni n' cheese   | 175.0     | 1.0 serving                              | 0.432                         |

| NDB_No | Description   | Weight(g) | Measure                        | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------------|-------------------------------|
| 08270  | Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08637  | Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08582  | Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08267  | Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS   | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08593  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08671  | Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08239  | Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry                                   | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX  | 27.0      | 1.0 cup (1 NLEA serving)       | 0.432                         |
| 08583  | Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08544  | Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch   | 48.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 08073  | Cereals ready-to-eat, POST, GOLDEN CRISP  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.432                         |
| 10991  | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled                  | 122.0     | 1.0 rack                       | 0.432                         |
| 08037  | Cereals ready-to-eat, granola, homemade   | 122.0     | 1.0 cup                        | 0.432                         |
| 43528  | Beverages, ABBOTT, ENSURE PLUS, ready-to-drink  | 252.0     | 1.0 cup                        | 0.431                         |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX  | 31.0      | 1.0 cup (1 NLEA serving)       | 0.431                         |
| 08634  | Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH   | 31.0      | 0.75 cup (1 NLEA serving)      | 0.431                         |
| 08678  | Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX  | 31.0      | 0.75 cup (1 NLEA serving)      | 0.431                         |
| 08680  | Cereals, oats, instant, fortified, maple and brown sugar, dry   | 43.0      | 1.0 packet                     | 0.431                         |
| 17213  | Veal, variety meats and by-products, pancreas, cooked, braised  | 85.0      | 3.0 oz                         | 0.430                         |
| 21405  | MCDONALD'S, Premium Crispy Chicken Club Sandwich  | 254.0     | 1.0 item 9 oz                  | 0.429                         |
| 08495  | Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES   | 29.0      | 0.75 cup (1 NLEA serving)      | 0.429                         |
| 21147  | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen                  | 130.0     | 1.0 piece 4" x 6"              | 0.429                         |
| 01086  | Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)            | 245.0     | 1.0 cup                        | 0.429                         |
| 17460  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 114.0     | 4.0 oz                         | 0.429                         |
| 21602  | School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked                           | 127.0     | 1.0 piece 4"x6"                | 0.428                         |
| 10960  | Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled                          | 92.0      | 1.0 piece                      | 0.428                         |
| 21527  | ARBY'S, roast beef sandwich, classic  | 149.0     | 1.0 sandwich                   | 0.428                         |
| 21121  | Fast foods, roast beef sandwich, plain  | 149.0     | 1.0 sandwich                   | 0.428                         |
| 15040  | Fish, herring, Atlantic, cooked, dry heat   | 143.0     | 1.0 fillet                     | 0.428                         |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size                                   | 54.0      | 21.0 biscuits (1 NLEA serving) | 0.427                         |
| 08191  | Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size                                   | 52.0      | 1.0 cup (1 NLEA serving)       | 0.426                         |
| 08376  | Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS  | 29.0      | 1.0 cup (1 NLEA serving)       | 0.426                         |
| 08023  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN   | 49.0      | 0.75 cup (1 NLEA serving)      | 0.426                         |
| 11936  | Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw                                  | 87.0      | 1.0 cup whole                  | 0.426                         |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS  | 29.0      | 1.0 cup (1 NLEA serving)       | 0.426                         |

| NDB_No | Description   | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------------|-------------------------------|
| 11266  | Mushrooms, brown, italian, or crimini, raw  | 87.0      | 1.0 cup whole              | 0.426                         |
| 08189  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins                                  | 49.0      | 0.5 cup (1 NLEA serving)   | 0.426                         |
| 21005  | Fast Foods, biscuit, with egg and sausage   | 162.0     | 1.0 item                   | 0.426                         |
| 08032  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES  | 30.0      | 0.75 cup (1 NLEA serving)  | 0.426                         |
| 08659  | Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS   | 30.0      | 0.75 cup (1 NLEA serving)  | 0.426                         |
| 08005  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS   | 30.0      | 0.333 cup (1 NLEA serving) | 0.426                         |
| 08653  | Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free  | 30.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS  | 30.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08284  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins                                     | 60.0      | 0.667 cup (1 NLEA serving) | 0.426                         |
| 08268  | Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY   | 33.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES  | 33.0      | 1.25 cup (1 NLEA serving)  | 0.426                         |
| 08273  | Cereals ready-to-eat, GENERAL MILLS, BOO BERRY  | 33.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08349  | Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES  | 32.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08706  | Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal  | 32.0      | 1.0 Cup (1 NLEA serving)   | 0.426                         |
| 08046  | Cereals ready-to-eat, POST, Honeycomb Cereal  | 32.0      | 1.5 cup (1 NLEA serving)   | 0.426                         |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS  | 28.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08660  | Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows   | 28.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes  | 28.0      | 1.0 cup (1 NLEA serving)   | 0.426                         |
| 08476  | Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS  | 29.0      | 1.333 cup                  | 0.425                         |
| 08553  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry                                   | 30.0      | 0.75 cup (1 NLEA serving)  | 0.425                         |
| 08074  | Cereals ready-to-eat, RALSTON TASTEEOS  | 28.0      | 1.0 cup (1 NLEA serving)   | 0.425                         |
| 08025  | Cereals ready-to-eat, RALSTON CRISP RICE  | 33.0      | 1.25 cup (1 NLEA serving)  | 0.425                         |
| 43495  | Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY  | 50.0      | 1.0 cup (1 NLEA serving)   | 0.425                         |
| 13443  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled   | 85.0      | 3.0 oz                     | 0.425                         |
| 17065  | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked        | 85.0      | 3.0 oz                     | 0.425                         |
| 17075  | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted | 85.0      | 3.0 oz                     | 0.425                         |
| 16507  | LOMA LINDA Redi-Burger, canned, unprepared  | 85.0      | 1.0 slice , 5/8"           | 0.425                         |
| 11854  | Spinach, cooked, boiled, drained, with salt   | 180.0     | 1.0 cup                    | 0.425                         |
| 14016  | Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink   | 240.0     | 8.0 fl oz                  | 0.425                         |
| 08712  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries                                     | 59.0      | 1.25 Cups (1 NLEA serving) | 0.425                         |
| 08129  | Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water                           | 240.0     | 1.0 cup                    | 0.425                         |
| 11458  | Spinach, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup                    | 0.425                         |
| 08484  | Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal   | 59.0      | 1.0 cup (1 NLEA serving)   | 0.425                         |
| 14054  | Beverages, almond milk, chocolate, ready-to-drink   | 240.0     | 8.0 fl oz                  | 0.425                         |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES   | 31.0      | 0.75 cup (1 NLEA serving)  | 0.425                         |

| NDB_No | Description   | Weight(g) | Measure                        | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------------|-------------------------------|
| 08409  | Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes   | 31.0      | 0.75 cup (1 NLEA serving)      | 0.425                         |
| 08615  | Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes                             | 31.0      | 0.75 cup (1 NLEA serving)      | 0.425                         |
| 08699  | Cereals ready-to-eat, KELLOGG'S KRAVE Smores  | 31.0      | 0.75 Cup (1 NLEA serving)      | 0.425                         |
| 10992  | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled         | 122.0     | 1.0 rack                       | 0.425                         |
| 01250  | Nutritional supplement for people with diabetes, liquid   | 227.0     | 1.0 can                        | 0.424                         |
| 14163  | Beverages, chocolate drink, milk and soy based, ready to drink, fortified                       | 237.0     | 8.0 fl oz                      | 0.424                         |
| 20062  | Rye grain   | 169.0     | 1.0 cup                        | 0.424                         |
| 21266  | TACO BELL, BURRITO SUPREME with chicken   | 248.0     | 1.0 item                       | 0.424                         |
| 08700  | Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed                            | 53.0      | 1.0 Cup (1 NLEA serving)       | 0.424                         |
| 08380  | Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH                                    | 53.0      | 1.0 cup (1 NLEA serving)       | 0.424                         |
| 16056  | Chickpeas (garbanzo beans, bengal gram), mature seeds, raw                                      | 200.0     | 1.0 cup                        | 0.424                         |
| 14183  | Beverages, coffee, ready to drink, iced, mocha, milk based                                      | 265.0     | 1.0 cup                        | 0.424                         |
| 08034  | Cereals ready-to-eat, POST, FRUITY PEBBLES  | 27.0      | 0.75 cup (1 NLEA serving)      | 0.424                         |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS   | 27.0      | 0.75 cup (1 NLEA serving)      | 0.424                         |
| 01083  | Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D         | 245.0     | 1.0 cup                        | 0.424                         |
| 01080  | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D | 245.0     | 1.0 cup                        | 0.424                         |
| 01208  | Cheese, provolone, reduced fat  | 132.0     | 1.0 cup, diced                 | 0.424                         |
| 01035  | Cheese, provolone   | 132.0     | 1.0 cup, diced                 | 0.424                         |
| 16085  | Peas, green, split, mature seeds, raw   | 197.0     | 1.0 cup                        | 0.424                         |
| 43245  | Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits                         | 55.0      | 1.0 cup (1 NLEA serving)       | 0.424                         |
| 08542  | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight               | 55.0      | 25.0 biscuits (1 NLEA serving) | 0.424                         |
| 08384  | Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size                       | 55.0      | 30.0 biscuits (1 NLEA serving) | 0.424                         |
| 08617  | Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin                  | 55.0      | 25.0 biscuits (1 NLEA serving) | 0.424                         |
| 08459  | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size            | 55.0      | 25.0 biscuits (1 NLEA serving) | 0.424                         |
| 08677  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry     | 55.0      | 24.0 biscuits (1 NLEA serving) | 0.424                         |
| 08696  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond                           | 58.0      | 1.25 cup (1 NLEA serving)      | 0.423                         |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite                                   | 58.0      | 7.0 biscuit (1 NLEA serving)   | 0.423                         |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX   | 47.0      | 0.75 cup (1 NLEA serving)      | 0.423                         |
| 08346  | Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH  | 30.0      | 0.75 cup (1 NLEA serving)      | 0.423                         |
| 08676  | Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS   | 30.0      | 1.0 cup (1 NLEA serving)       | 0.423                         |
| 08469  | Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal                            | 30.0      | 0.75 cup (1 NLEA serving)      | 0.423                         |
| 08347  | Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH  | 30.0      | 0.75 cup (1 NLEA serving)      | 0.423                         |
| 08138  | Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS   | 30.0      | 1.0 cup                        | 0.423                         |
| 08674  | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey                                      | 30.0      | 0.75 cup (1 NLEA serving)      | 0.423                         |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                            | 30.0      | 0.75 cup (1 NLEA serving)      | 0.423                         |
| 08494  | Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS  | 30.0      | 0.75 cup (1 NLEA serving)      | 0.423                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>                      | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|-------------------------------------|---------------------------------------|
| 08206         | Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS  | 30.0             | 0.75 cup (1 NLEA serving)           | 0.423                                 |
| 14558         | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk             | 266.0            | 1.0 serving                         | 0.423                                 |
| 16231         | Soymilk, chocolate, nonfat, with added calcium, vitamins A and D  | 243.0            | 1.0 cup                             | 0.423                                 |
| 16228         | Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D                               | 243.0            | 1.0 cup                             | 0.423                                 |
| 16230         | Soymilk (all flavors), nonfat, with added calcium, vitamins A and D   | 243.0            | 1.0 cup                             | 0.423                                 |
| 08661         | Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS  | 28.0             | 1.0 cup (1 NLEA serving)            | 0.423                                 |
| 10009         | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted  | 135.0            | 1.0 cup, diced                      | 0.423                                 |
| 01030         | Cheese, muenster  | 132.0            | 1.0 cup, diced                      | 0.422                                 |
| 08493         | Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS  | 33.0             | 1.0 cup (1 NLEA serving)            | 0.422                                 |
| 08348         | Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice  | 33.0             | 1.25 cup (1 NLEA serving)           | 0.422                                 |
| 17458         | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw        | 114.0            | 4.0 oz                              | 0.422                                 |
| 28288         | Bread, roll, Mexican, bollilo   | 98.0             | 1.0 piece                           | 0.421                                 |
| 01230         | Milk, buttermilk, fluid, whole  | 245.0            | 1.0 cup                             | 0.421                                 |
| 11956         | Tomatoes, sun-dried, packed in oil, drained   | 110.0            | 1.0 cup                             | 0.421                                 |
| 21146         | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen                    | 156.0            | 1.0 slice 1/8 per pizza             | 0.421                                 |
| 08686         | Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar  | 45.0             | 1.0 packet (1 NLEA serving)         | 0.421                                 |
| 14351         | Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk   | 266.0            | 1.0 cup (8 fl oz)                   | 0.420                                 |
| 21092         | Fast foods, cheeseburger; double, regular patty; plain  | 149.0            | 1.0 item                            | 0.420                                 |
| 01281         | Yogurt, Greek, nonfat, strawberry, CHOBANI  | 150.0            | 5.3 oz                              | 0.420                                 |
| 08695         | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites  | 56.0             | 1.0 Cup (1 NLEA serving)            | 0.420                                 |
| 08002         | Cereals ready-to-eat, POST, ALPHA-BITS  | 30.0             | 1.0 cup (1 NLEA serving for adults) | 0.420                                 |
| 08029         | Cereals ready-to-eat, POST Bran Flakes  | 30.0             | 0.75 cup (1 NLEA serving)           | 0.420                                 |
| 08592         | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut   | 28.0             | 0.75 cup (1 NLEA serving)           | 0.420                                 |
| 08305         | Cereals ready-to-eat, Post, Waffle Crisp  | 30.0             | 1.0 cup (1 NLEA serving)            | 0.420                                 |
| 08586         | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx  | 28.0             | 1.0 cup                             | 0.420                                 |
| 08631         | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate   | 56.0             | 1.0 cup (1 NLEA serving)            | 0.420                                 |
| 08513         | Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS   | 28.0             | 0.75 cup (1 NLEA serving)           | 0.420                                 |
| 08665         | Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches  | 30.0             | 0.75 cup (1 NLEA serving)           | 0.420                                 |
| 08682         | Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter  | 28.0             | 0.75 cup (1 NLEA serving)           | 0.420                                 |
| 22956         | Lasagna, Vegetable, frozen, baked   | 227.0            | 1.0 serving                         | 0.420                                 |
| 19403         | Snacks, crisped rice bar, almond  | 28.0             | 1.0 bar (1 oz)                      | 0.420                                 |
| 14634         | Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D | 244.0            | 1.0 cup                             | 0.420                                 |

| NDB_No | Description  | Weight(g) | Measure                        | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------------|-------------------------------|
| 20088  | Wild rice, raw   | 160.0     | 1.0 cup                        | 0.419                         |
| 22903  | Pizza, pepperoni topping, regular crust, frozen, cooked  | 127.0     | 0.25 pizza 12" diameter        | 0.419                         |
| 08489  | Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry  | 45.0      | 0.25 cup (1 NLEA serving)      | 0.419                         |
| 08286  | Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX   | 55.0      | 0.67 cup (1 NLEA serving)      | 0.418                         |
| 08500  | Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS   | 55.0      | 1.0 cup (1 NLEA serving)       | 0.418                         |
| 08708  | Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin                                       | 55.0      | 24.0 Biscuits (1 NLEA serving) | 0.418                         |
| 21207  | SUBWAY, turkey breast sub on white bread with lettuce and tomato   | 184.0     | 6.0 inch sub                   | 0.418                         |
| 21155  | Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato   | 184.0     | 6.0 inch sub                   | 0.418                         |
| 08679  | Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH  | 30.0      | 0.75 cup (1 NLEA serving)      | 0.417                         |
| 08635  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar  | 30.0      | 1.0 cup (1 NLEA serving)       | 0.417                         |
| 08595  | Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX   | 30.0      | 0.75 cup (1 NLEA serving)      | 0.417                         |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS   | 30.0      | 0.75 cup (1 NLEA serving)      | 0.417                         |
| 08651  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares  | 30.0      | 0.75 cup (1 NLEA serving)      | 0.417                         |
| 08670  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH   | 30.0      | 0.75 cup (1 NLEA serving)      | 0.417                         |
| 08244  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal   | 30.0      | 0.5 cup (1 NLEA serving)       | 0.417                         |
| 08669  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares  | 30.0      | 0.75 cup (1 NLEA serving)      | 0.417                         |
| 17440  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0      | 3.0 oz                         | 0.416                         |
| 11736  | Beet greens, cooked, boiled, drained, with salt  | 144.0     | 1.0 cup (1" pieces)            | 0.416                         |
| 11087  | Beet greens, cooked, boiled, drained, without salt   | 144.0     | 1.0 cup (1" pieces)            | 0.416                         |
| 08554  | Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch  | 52.0      | 0.75 cup (1 NLEA serving)      | 0.416                         |
| 42240  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds  | 32.0      | 0.75 cup (1 NLEA serving)      | 0.416                         |
| 42261  | Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal  | 52.0      | 0.75 cup (1 NLEA serving)      | 0.416                         |
| 08017  | Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP  | 26.0      | 0.75 cup (1 NLEA serving)      | 0.416                         |
| 10973  | Pork, ground, 96% lean / 4% fat, raw   | 113.0     | 4.0 oz                         | 0.416                         |
| 16019  | Beans, cranberry (roman), mature seeds, raw  | 195.0     | 1.0 cup                        | 0.415                         |
| 21384  | BURGER KING, CROISSAN'WICH with Sausage and Cheese   | 131.0     | 1.0 item                       | 0.415                         |
| 43128  | Chicken, meatless  | 168.0     | 1.0 cup                        | 0.415                         |
| 17454  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw                     | 114.0     | 4.0 oz                         | 0.415                         |
| 21473  | DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked  | 164.0     | 1.0 slice 1/4 of pie           | 0.415                         |
| 10977  | Pork, ground, 72% lean / 28% fat, cooked, pan-broiled  | 85.0      | 3.0 oz grilled patties         | 0.415                         |
| 21404  | McDONALD'S, Premium Grilled Chicken Club Sandwich  | 223.0     | 1.0 item 7.9 oz                | 0.415                         |
| 25024  | Pretzels, soft, unsalted   | 143.0     | 1.0 large                      | 0.415                         |
| 43109  | Pretzels, soft   | 143.0     | 1.0 large                      | 0.415                         |
| 21162  | Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread  | 148.0     | 6.0 inch sub                   | 0.414                         |
| 21161  | SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato   | 148.0     | 6.0 inch sub                   | 0.414                         |

| NDB_No | Description  | Weight(g) | Measure                     | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-----------------------------|-------------------------------|
| 15209  | Fish, salmon, Atlantic, wild, cooked, dry heat   | 85.0      | 3.0 oz                      | 0.414                         |
| 10975  | Pork, ground, 84% lean / 16% fat, cooked, crumbles   | 85.0      | 3.0 oz grilled patties      | 0.413                         |
| 14423  | Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice        | 243.0     | 1.0 serving                 | 0.413                         |
| 08081  | Cereals ready-to-eat, POST, Honey Nut Shredded Wheat   | 59.0      | 1.0 cup (1 NLEA serving)    | 0.413                         |
| 42297  | Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch  | 59.0      | 1.0 cup (1 NLEA serving)    | 0.413                         |
| 08061  | Cereals ready-to-eat, POST Raisin Bran Cereal  | 59.0      | 1.0 cup (1 NLEA serving)    | 0.413                         |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX  | 32.0      | 0.75 cup (1 NLEA serving)   | 0.413                         |
| 08666  | Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS   | 32.0      | 1.0 cup (1 NLEA serving)    | 0.413                         |
| 11827  | Pokeberry shoots, (poke), cooked, boiled, drained, with salt   | 165.0     | 1.0 cup                     | 0.412                         |
| 11351  | Pokeberry shoots, (poke), cooked, boiled, drained, without salt  | 165.0     | 1.0 cup                     | 0.412                         |
| 01211  | Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D  | 244.0     | 1.0 cup                     | 0.412                         |
| 01077  | Milk, whole, 3.25% milkfat, with added vitamin D   | 244.0     | 1.0 cup                     | 0.412                         |
| 13332  | Beef, variety meats and by-products, pancreas, cooked, braised   | 85.0      | 3.0 oz                      | 0.412                         |
| 10976  | Pork, ground, 96% lean / 4% fat, cooked, crumbles  | 85.0      | 3.0 oz grilled patties      | 0.411                         |
| 17441  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw | 114.0     | 4.0 oz                      | 0.410                         |
| 08417  | Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry  | 41.0      | 1.0 packet (1 NLEA serving) | 0.410                         |
| 32036  | JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared   | 128.0     | 1.0 biscuit                 | 0.410                         |
| 16042  | Beans, pinto, mature seeds, raw  | 193.0     | 1.0 cup                     | 0.409                         |
| 23085  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised          | 141.0     | 1.0 steak                   | 0.409                         |
| 21111  | Fast foods, hamburger; double, regular patty; with condiments  | 215.0     | 1.0 item                    | 0.409                         |
| 16502  | LOMA LINDA Low Fat Big Franks, canned, unprepared  | 51.0      | 1.0 link                    | 0.408                         |
| 17430  | Veal, shoulder, blade chop, separable lean only, cooked, grilled   | 85.0      | 3.0 oz                      | 0.408                         |
| 10076  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted   | 135.0     | 1.0 cup, diced              | 0.408                         |
| 14422  | Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder                        | 21.0      | 1.0 packet (.75 oz)         | 0.407                         |
| 01046  | Cheese food, pasteurized process, American, vitamin D fortified  | 113.0     | 1.0 cup                     | 0.407                         |
| 01254  | Cheese food, pasteurized process, American, without added vitamin D  | 113.0     | 1.0 cup                     | 0.407                         |
| 42117  | Imitation cheese, american or cheddar, low cholesterol   | 113.0     | 1.0 cup, shredded           | 0.407                         |
| 42303  | Cheese, muenster, low fat  | 113.0     | 1.0 cup, shredded           | 0.407                         |
| 16022  | Beans, french, mature seeds, raw   | 184.0     | 1.0 cup                     | 0.407                         |
| 21148  | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen                        | 127.0     | 1.0 piece 4"x6"             | 0.406                         |
| 21335  | McDONALD'S, Hot Caramel Sundae   | 182.0     | 1.0 item (6.4 oz)           | 0.406                         |
| 16069  | Lentils, raw   | 192.0     | 1.0 cup                     | 0.405                         |
| 36020  | T.G.I. FRIDAY'S, chicken fingers   | 225.0     | 1.0 serving                 | 0.405                         |
| 01102  | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D                                      | 250.0     | 1.0 cup                     | 0.405                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 23086  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised                     | 141.0     | 1.0 steak   | 0.405                         |
| 23084  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                         | 141.0     | 1.0 steak   | 0.405                         |
| 15049  | Fish, mackerel, king, raw   | 85.0      | 3.0 oz  | 0.405                         |
| 21336  | McDONALD'S, Hot Fudge Sundae  | 179.0     | 1.0 item (6.3 oz)                                   | 0.405                         |
| 16040  | Beans, pink, mature seeds, raw  | 210.0     | 1.0 cup   | 0.403                         |
| 32032  | Sausage, egg and cheese breakfast biscuit   | 126.0     | 1.0 biscuit   | 0.403                         |
| 16027  | Beans, kidney, all types, mature seeds, raw   | 184.0     | 1.0 cup   | 0.403                         |
| 16030  | Beans, kidney, california red, mature seeds, raw  | 184.0     | 1.0 cup   | 0.403                         |
| 08512  | Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt  | 268.0     | 1.0 serving (3 T dry cereal plus 1 cup water)       | 0.402                         |
| 21605  | School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked  | 129.0     | 1.0 slice per 1/10 pizza                            | 0.401                         |
| 16504  | LOMA LINDA Tender Rounds with Gravy, canned, unprepared   | 80.0      | 6.0 pieces  | 0.400                         |
| 17333  | Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised  | 85.0      | 1.0 serving ( 3 oz )                                | 0.399                         |
| 17425  | Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled  | 85.0      | 3.0 oz  | 0.399                         |
| 21119  | Fast foods, hotdog, with chili  | 114.0     | 1.0 sandwich  | 0.399                         |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS   | 57.0      | 1.0 cup (1 NLEA serving)                            | 0.399                         |
| 10987  | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted   | 138.0     | 1.0 rack  | 0.399                         |
| 36056  | Restaurant, Mexican, cheese tamales   | 302.0     | 1.0 serving serving size varied from 1 to 3 tamales | 0.399                         |
| 01040  | Cheese, swiss   | 132.0     | 1.0 cup, diced                                      | 0.399                         |
| 21321  | McDONALD'S, Hotcakes (plain)  | 149.0     | 3.0 hotcakes 5.3 oz                                 | 0.398                         |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce  | 170.0     | 1.0 container (6 oz)                                | 0.398                         |
| 21365  | McDONALD'S, Hotcakes (with 2 pats margarine & syrup)  | 221.0     | 1.0 item  | 0.398                         |
| 08639  | Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar   | 34.0      | 1.0 packet (1 NLEA serving)                         | 0.398                         |
| 17455  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0      | 3.0 oz  | 0.398                         |
| 05302  | Poultry, mechanically deboned, from backs and necks without skin, raw   | 227.0     | 0.5 lb  | 0.397                         |
| 23121  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                      | 141.0     | 1.0 steak   | 0.396                         |
| 22919  | Macaroni and Cheese, canned, microwavable   | 213.0     | 7.5 oz 1 serving                                    | 0.396                         |
| 16076  | Lupins, mature seeds, raw   | 180.0     | 1.0 cup   | 0.396                         |
| 21258  | BURGER KING, Premium Fish Sandwich  | 220.0     | 1.0 sandwich  | 0.396                         |
| 21407  | McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich   | 240.0     | 1.0 item 8.5 oz                                     | 0.396                         |
| 19166  | Cocoa, dry powder, unsweetened, processed with alkali   | 86.0      | 1.0 cup   | 0.396                         |
| 16032  | Beans, kidney, red, mature seeds, raw   | 184.0     | 1.0 cup   | 0.396                         |
| 10958  | Pork, Shoulder breast, boneless, separable lean and fat, raw  | 85.0      | 3.0 oz  | 0.395                         |
| 19367  | Toppings, nuts in syrup   | 328.0     | 1.0 cup   | 0.394                         |

| NDB_No | Description   | Weight(g) | Measure                          | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------------------|-------------------------------|
| 21403  | McDONALD'S, Premium Crispy Chicken Classic Sandwich   | 230.0     | 1.0 item                         | 0.393                         |
| 01078  | Milk, producer, fluid, 3.7% milkfat   | 244.0     | 1.0 cup                          | 0.393                         |
| 10978  | Pork, ground, 84% lean / 16% fat, cooked, pan-broiled   | 85.0      | 3.0 oz grilled patties           | 0.393                         |
| 05143  | Duck, domesticated, liver, raw  | 44.0      | 1.0 liver                        | 0.392                         |
| 16133  | Yardlong beans, mature seeds, raw   | 167.0     | 1.0 cup                          | 0.392                         |
| 08177  | Cereals, MALT-O-MEAL, chocolate, dry  | 35.0      | 3.0 tbsp (1 NLEA serving)        | 0.392                         |
| 10183  | Pork, cured, ham, boneless, extra lean and regular, roasted   | 140.0     | 1.0 cup                          | 0.392                         |
| 01021  | Cheese, gjetost   | 28.35     | 1.0 oz                           | 0.392                         |
| 08694  | Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon  | 45.0      | 1.0 packet (1 NLEA serving)      | 0.391                         |
| 17259  | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz                           | 0.391                         |
| 17341  | Game meat, elk, round, separable lean only, cooked, broiled   | 85.0      | 1.0 serving ( 3 oz )             | 0.391                         |
| 23119  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                  | 141.0     | 1.0 steak                        | 0.391                         |
| 08130  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry  | 43.0      | 1.0 packet                       | 0.390                         |
| 01278  | Yogurt, Greek, nonfat, vanilla, DANNON OIKOS  | 150.0     | 5.3 oz                           | 0.390                         |
| 43340  | Cheese, parmesan, low sodium  | 100.0     | 1.0 cup, grated                  | 0.390                         |
| 22962  | LEAN POCKETS, Ham N Cheddar   | 127.0     | 1.0 hot pocket (1 NLEA serving)  | 0.390                         |
| 21511  | Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust  | 117.0     | 1.0 slice 1/8 pizza              | 0.390                         |
| 21512  | PIZZA HUT 14" Cheese Pizza, Stuffed Crust   | 117.0     | 1.0 slice                        | 0.390                         |
| 22915  | Lasagna with meat & sauce, low-fat, frozen entree   | 309.0     | 1.0 package                      | 0.389                         |
| 05626  | Emu, full rump, raw   | 85.0      | 3.0 oz                           | 0.389                         |
| 05631  | Emu, oyster, raw  | 85.0      | 3.0 oz                           | 0.389                         |
| 15176  | Mollusks, squid, mixed species, cooked, fried   | 85.0      | 3.0 oz                           | 0.389                         |
| 08687  | Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread   | 45.0      | 1.0 packet (1 NLEA serving)      | 0.389                         |
| 23120  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                      | 141.0     | 1.0 steak                        | 0.389                         |
| 21471  | Fast Foods, Fried Chicken, Thigh, meat and skin and breading  | 136.0     | 1.0 thigh with skin              | 0.389                         |
| 01114  | Whey, sweet, fluid  | 246.0     | 1.0 cup                          | 0.389                         |
| 05126  | Chicken, stewing, meat only, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced        | 0.388                         |
| 01044  | Cheese, pasteurized process, swiss  | 140.0     | 1.0 cup, diced                   | 0.386                         |
| 14041  | Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink  | 237.0     | 1.0 bottle                       | 0.386                         |
| 20001  | Amaranth grain, uncooked  | 193.0     | 1.0 cup                          | 0.386                         |
| 32020  | Chicken, thighs, frozen, breaded, reheated  | 133.0     | 1.0 thigh with bone and breading | 0.386                         |
| 01090  | Milk, dry, whole, with added vitamin D  | 32.0      | 0.25 cup                         | 0.386                         |
| 11656  | Corn pudding, home prepared   | 250.0     | 1.0 cup                          | 0.385                         |

| NDB_No | Description  | Weight(g) | Measure                                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 21114  | Fast foods, hamburger; double, large patty; with condiments and vegetables                                   | 226.0     | 1.0 sandwich                              | 0.384                         |
| 08594  | Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX  | 32.0      | 0.75 cup (1 NLEA serving)                 | 0.384                         |
| 10993  | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted                     | 138.0     | 1.0 rack                                  | 0.384                         |
| 05623  | Emu, fan fillet, raw   | 85.0      | 1.0 serving ( 3 oz )                      | 0.383                         |
| 11978  | Peppers, ancho, dried  | 17.0      | 1.0 pepper                                | 0.383                         |
| 16101  | Pigeon peas (red gram), mature seeds, raw  | 205.0     | 1.0 cup                                   | 0.383                         |
| 21344  | McDONALD'S, Double Cheeseburger  | 155.0     | 1.0 sandwich                              | 0.383                         |
| 17073  | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted | 85.0      | 3.0 oz                                    | 0.382                         |
| 36023  | APPLEBEE'S, chicken tenders platter  | 209.0     | 1.0 serving                               | 0.382                         |
| 32024  | Rice mix, cheese flavor, dry mix, unprepared   | 57.0      | 0.25 cup dry rice mix                     | 0.382                         |
| 10972  | Pork, ground, 84% lean / 16% fat, raw  | 113.0     | 4.0 oz                                    | 0.382                         |
| 12039  | Seeds, sunflower seed kernels, toasted, without salt   | 134.0     | 1.0 cup                                   | 0.382                         |
| 12539  | Seeds, sunflower seed kernels, toasted, with salt added  | 134.0     | 1.0 cup                                   | 0.382                         |
| 32016  | Macaroni or noodles with cheese, microwaveable, unprepared   | 61.0      | 1.0 serving 1 pouch                       | 0.382                         |
| 10043  | Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted                       | 85.0      | 3.0 oz                                    | 0.382                         |
| 21011  | Fast foods, croissant, with egg and cheese   | 127.0     | 1.0 croissant                             | 0.381                         |
| 21402  | McDONALD'S, Premium Grilled Chicken Classic Sandwich   | 200.0     | 1.0 item 7 oz                             | 0.380                         |
| 17332  | Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled                               | 85.0      | 1.0 serving ( 3 oz )                      | 0.380                         |
| 12160  | Seeds, cottonseed kernels, roasted (glandless)   | 149.0     | 1.0 cup                                   | 0.380                         |
| 01285  | Yogurt, Greek, strawberry, nonfat  | 150.0     | 1.0 container (5.3 oz)                    | 0.380                         |
| 43112  | Beans, chili, barbecue, ranch style, cooked  | 253.0     | 1.0 cup                                   | 0.379                         |
| 32014  | Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared                              | 99.0      | 1.0 serving (3.5 oz)                      | 0.379                         |
| 05628  | Emu, inside drum, raw  | 85.0      | 3.0 oz                                    | 0.379                         |
| 32027  | Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen                                   | 127.0     | 1.0 piece turnover 1 serving              | 0.378                         |
| 17438  | Veal, shoulder, blade chop, separable lean and fat, cooked, grilled  | 85.0      | 3.0 oz                                    | 0.378                         |
| 12038  | Seeds, sunflower seed kernels, oil roasted, without salt   | 135.0     | 1.0 cup                                   | 0.378                         |
| 12538  | Seeds, sunflower seed kernels, oil roasted, with salt added  | 135.0     | 1.0 cup                                   | 0.378                         |
| 06017  | Soup, chicken gumbo, canned, condensed   | 126.0     | 0.5 cup (4 fl oz)                         | 0.378                         |
| 08685  | Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal   | 28.0      | 0.75 cup (1 NLEA serving)                 | 0.377                         |
| 16062  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw  | 167.0     | 1.0 cup                                   | 0.377                         |
| 10980  | Pork loin, fresh, backribs, bone-in, raw, lean only  | 114.0     | 4.0 oz                                    | 0.377                         |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat  | 245.0     | 1.0 cup                                   | 0.377                         |
| 05140  | Duck, domesticated, meat and skin, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced                 | 0.377                         |
| 08228  | Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry  | 37.0      | 1.0 packet                                | 0.376                         |
| 17340  | Game meat, elk, loin, separable lean only, cooked, broiled   | 114.0     | 1.0 steak ( yield from 148.1 g raw meat ) | 0.376                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 05630  | Emu, outside drum, raw   | 85.0      | 3.0 oz   | 0.376                         |
| 12007  | Seeds, cottonseed flour, partially defatted (glandless)  | 94.0      | 1.0 cup  | 0.375                         |
| 08411  | Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry  | 50.0      | 1.0 packet (1 NLEA serving)  | 0.375                         |
| 43570  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted   | 30.0      | 0.75 cup (1 NLEA serving)  | 0.375                         |
| 13442  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                      | 85.0      | 3.0 oz   | 0.375                         |
| 08488  | Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry   | 35.0      | 3.0 tbsp (1 NLEA serving)  | 0.375                         |
| 16014  | Beans, black, mature seeds, raw  | 194.0     | 1.0 cup  | 0.374                         |
| 28368  | SCHAR, Gluten-Free, Classic White Rolls  | 78.0      | 1.0 roll   | 0.374                         |
| 28341  | Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch  | 78.0      | 1.0 roll   | 0.374                         |
| 08642  | Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar  | 31.0      | 1.0 packet (1 NLEA serving)  | 0.374                         |
| 16273  | Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm   | 85.0      | 3.0 oz   | 0.374                         |
| 10086  | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled  | 85.0      | 3.0 oz   | 0.374                         |
| 17314  | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw      | 114.0     | 4.0 oz   | 0.374                         |
| 08225  | Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry   | 35.0      | 1.0 packet   | 0.374                         |
| 07071  | Salami, dry or hard, pork  | 113.0     | 1.0 package (4 oz)   | 0.373                         |
| 01141  | Egg, turkey, whole, fresh, raw   | 79.0      | 1.0 egg  | 0.371                         |
| 21113  | Fast foods, hamburger; single, large patty; with condiments and vegetables   | 218.0     | 1.0 sandwich   | 0.371                         |
| 10979  | Pork, ground, 96% lean / 4% fat, cooked, pan-broiled   | 85.0      | 3.0 oz grilled patties   | 0.370                         |
| 21406  | McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich   | 202.0     | 1.0 item 7.1 oz  | 0.370                         |
| 01263  | Ice cream, light, soft serve, chocolate  | 298.0     | 1.0 medium   | 0.370                         |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon   | 126.0     | 1.0 sandwich   | 0.369                         |
| 15197  | Fish, herring, Pacific, cooked, dry heat   | 144.0     | 1.0 fillet   | 0.369                         |
| 23284  | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled                         | 135.0     | 1.0 fillet   | 0.369                         |
| 17033  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled   | 147.0     | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.368                         |
| 10959  | Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled   | 85.0      | 3.0 oz   | 0.367                         |
| 17131  | Veal, shoulder, blade chop, separable lean only, raw   | 85.0      | 3.0 oz   | 0.366                         |
| 17424  | Veal, ground, cooked, pan-fried  | 85.0      | 3.0 oz   | 0.366                         |
| 13450  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled                   | 85.0      | 3.0 oz   | 0.366                         |
| 17461  | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled | 85.0      | 3.0 oz   | 0.366                         |
| 01187  | Yogurt, chocolate, nonfat milk   | 170.0     | 1.0 container (6 oz)   | 0.366                         |
| 17079  | Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled  | 85.0      | 3.0 oz   | 0.366                         |
| 01222  | Yogurt, chocolate, nonfat milk, fortified with vitamin D   | 170.0     | 1.0 container (6 oz)   | 0.366                         |
| 11973  | Beans, fava, in pod, raw   | 126.0     | 1.0 cup  | 0.365                         |

| NDB_No | Description  | Weight(g) | Measure                          | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------------------|-------------------------------|
| 08133  | Cereals, oats, instant, fortified, with raisins and spice, prepared with water   | 240.0     | 1.0 cup                          | 0.365                         |
| 16215  | Vitasoy USA, Vitasoy Organic Creamy Original Soymilk   | 243.0     | 1.0 cup                          | 0.364                         |
| 10140  | Pork, cured, ham, regular (approximately 13% fat), canned, roasted   | 140.0     | 1.0 cup                          | 0.364                         |
| 28015  | KELLOGG'S, EGGO, Waffles, Homestyle  | 70.0      | 2.0 waffles                      | 0.364                         |
| 20120  | Pasta, dry, enriched   | 91.0      | 1.0 cup spaghetti                | 0.364                         |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce   | 170.0     | 1.0 container (6 oz)             | 0.364                         |
| 23277  | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted                         | 85.0      | 3.0 oz                           | 0.364                         |
| 21010  | Fast foods, biscuit, with crispy chicken fillet  | 132.0     | 1.0 item                         | 0.363                         |
| 21522  | McDONALD'S, Southern Style Chicken Biscuit   | 132.0     | 1.0 biscuit regular size biscuit | 0.363                         |
| 15047  | Fish, mackerel, Atlantic, cooked, dry heat   | 88.0      | 1.0 fillet                       | 0.363                         |
| 15159  | Mollusks, clam, mixed species, cooked, moist heat  | 85.0      | 3.0 oz                           | 0.362                         |
| 21304  | Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust   | 136.0     | 1.0 slice                        | 0.362                         |
| 17456  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw        | 114.0     | 4.0 oz                           | 0.361                         |
| 13447  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled            | 85.0      | 3.0 oz                           | 0.361                         |
| 23285  | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled                         | 135.0     | 1.0 fillet                       | 0.360                         |
| 13448  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled           | 85.0      | 3.0 oz                           | 0.360                         |
| 01286  | Yogurt, Greek, vanilla, nonfat   | 150.0     | 1.0 container (5.3 oz)           | 0.360                         |
| 16071  | Lima beans, large, mature seeds, raw   | 178.0     | 1.0 cup                          | 0.360                         |
| 10957  | Pork, Leg Cap Steak, boneless, separable lean and fat, raw   | 85.0      | 3.0 oz                           | 0.360                         |
| 10039  | Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted                                    | 85.0      | 3.0 oz                           | 0.359                         |
| 21007  | Fast foods, biscuit, with egg, cheese, and bacon   | 145.0     | 1.0 item                         | 0.358                         |
| 01032  | Cheese, parmesan, grated   | 100.0     | 1.0 cup                          | 0.358                         |
| 15050  | Fish, mackerel, Pacific and jack, mixed species, raw   | 85.0      | 3.0 oz                           | 0.358                         |
| 11658  | Spinach souffle  | 136.0     | 1.0 cup                          | 0.358                         |
| 17297  | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted                | 85.0      | 3.0 oz                           | 0.357                         |
| 17301  | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted    | 85.0      | 3.0 oz                           | 0.357                         |
| 17448  | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz                           | 0.357                         |
| 15165  | Mollusks, mussel, blue, cooked, moist heat   | 85.0      | 3.0 oz                           | 0.357                         |
| 17305  | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled   | 85.0      | 3.0 oz                           | 0.357                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 17293  | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz   | 0.357                         |
| 17309  | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled     | 85.0      | 3.0 oz   | 0.357                         |
| 17221  | Lamb, variety meats and by-products, tongue, cooked, braised   | 85.0      | 3.0 oz   | 0.357                         |
| 21298  | PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust   | 123.0     | 1.0 slice  | 0.357                         |
| 21083  | Fast foods, taco salad   | 198.0     | 1.5 cup  | 0.356                         |
| 42131  | Milk dessert, frozen, milk-fat free, chocolate   | 137.0     | 1.0 cup  | 0.356                         |
| 05689  | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted   | 129.0     | 1.0 drumstick with skin  | 0.356                         |
| 12023  | Seeds, sesame seeds, whole, dried  | 144.0     | 1.0 cup  | 0.356                         |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted  | 140.0     | 1.0 cup  | 0.356                         |
| 16016  | Beans, black turtle, mature seeds, raw   | 184.0     | 1.0 cup  | 0.355                         |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled  | 146.0     | 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) | 0.355                         |
| 05683  | Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted   | 130.0     | 1.0 thigh with skin  | 0.354                         |
| 13449  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled               | 85.0      | 3.0 oz   | 0.353                         |
| 01284  | Yogurt, Greek, strawberry, lowfat  | 150.0     | 1.0 container (5.3 oz)   | 0.352                         |
| 21523  | MCDONALD'S, RANCH SNACK WRAP, Crispy   | 133.0     | 1.0 wrap   | 0.352                         |
| 21517  | Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce  | 133.0     | 1.0 item   | 0.352                         |
| 22960  | Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix                                     | 198.0     | 1.0 cup  | 0.352                         |
| 21603  | School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked   | 124.0     | 1.0 slice per 1/10 pizza   | 0.352                         |
| 05625  | Emu, flat fillet, raw  | 85.0      | 3.0 oz   | 0.352                         |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted  | 140.0     | 1.0 cup  | 0.351                         |
| 36003  | APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu  | 124.0     | 1.0 cup  | 0.351                         |
| 08652  | Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal   | 31.0      | 0.75 cup (1 NLEA serving)  | 0.350                         |
| 21227  | Pizza, meat and vegetable topping, rising crust, frozen, cooked  | 170.0     | 1.0 serving 6 servings per 34.98 oz package                                    | 0.350                         |
| 19169  | Egg custards, dry mix  | 85.0      | 1.0 package (3 oz)   | 0.350                         |
| 16600  | MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared   | 269.0     | 1.0 package  | 0.350                         |
| 21436  | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading  | 135.0     | 1.0 thigh, with skin   | 0.350                         |
| 08410  | Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry  | 43.0      | 1.0 packet (1 NLEA serving)  | 0.350                         |
| 01275  | Yogurt, Greek, nonfat, vanilla, CHOBANI  | 150.0     | 5.3 oz   | 0.350                         |
| 15046  | Fish, mackerel, Atlantic, raw  | 112.0     | 1.0 fillet   | 0.349                         |
| 11463  | Spinach, frozen, chopped or leaf, unprepared   | 156.0     | 1.0 cup  | 0.349                         |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried   | 140.0     | 1.0 cup  | 0.349                         |
| 17255  | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked   | 85.0      | 3.0 oz   | 0.349                         |

| NDB_No | Description   | Weight(g) | Measure                       | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------------|-------------------------------|
| 17063  | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked                 | 85.0      | 3.0 oz                        | 0.349                         |
| 13445  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz                        | 0.349                         |
| 23289  | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted           | 85.0      | 3.0 oz                        | 0.348                         |
| 05678  | Chicken, dark meat, drumstick, meat only, with added solution, raw  | 143.0     | 1.0 drumstick with skin       | 0.347                         |
| 21334  | McDONALD'S, Strawberry Sundae   | 178.0     | 1.0 item (6.3 oz)             | 0.347                         |
| 10015  | Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted   | 85.0      | 3.0 oz                        | 0.347                         |
| 13444  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled               | 85.0      | 3.0 oz                        | 0.347                         |
| 22535  | HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen                                | 127.0     | 1.0 serving (1 hot pocket)    | 0.347                         |
| 22537  | HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen  | 127.0     | 1.0 serving (1 hot pocket)    | 0.347                         |
| 22910  | Lasagna, cheese, frozen, prepared   | 225.0     | 1.0 cup 1 serving             | 0.346                         |
| 42290  | Milk, fluid, nonfat, calcium fortified (fat free or skim)   | 247.0     | 1.0 cup                       | 0.346                         |
| 10138  | Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted  | 140.0     | 1.0 cup                       | 0.346                         |
| 36017  | Restaurant, family style, macaroni & cheese, from kids' menu  | 136.0     | 1.0 cup                       | 0.345                         |
| 42128  | Turkey ham, sliced, extra lean, prepackaged or deli-sliced  | 138.0     | 1.0 cup pieces                | 0.345                         |
| 01112  | Whey, acid, fluid   | 246.0     | 1.0 cup                       | 0.344                         |
| 21202  | Fast foods, hamburger, large, single patty, with condiments   | 171.0     | 1.0 item                      | 0.344                         |
| 14083  | Beverages, chocolate malt, powder, prepared with fat free milk  | 256.0     | 1.0 serving                   | 0.343                         |
| 28018  | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry  | 70.0      | 2.0 waffles                   | 0.343                         |
| 28012  | KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk  | 70.0      | 2.0 waffles                   | 0.343                         |
| 28009  | KELLOGG'S, EGGO, Waffles, Blueberry   | 70.0      | 2.0 waffles                   | 0.343                         |
| 42237  | Cereals ready-to-eat, WEETABIX whole grain cereal   | 35.0      | 2.0 biscuits (1 NLEA serving) | 0.343                         |
| 18506  | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat  | 70.0      | 2.0 waffles 1 serving         | 0.343                         |
| 28022  | KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice   | 70.0      | 2.0 waffles                   | 0.343                         |
| 28260  | KELLOGG'S, EGGO, Waffles, Chocolate Chip  | 70.0      | 2.0 waffles                   | 0.343                         |
| 28019  | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat  | 70.0      | 2.0 waffles                   | 0.343                         |
| 18951  | Waffles, chocolate chip, frozen, ready-to-heat  | 70.0      | 2.0 waffles                   | 0.343                         |
| 28016  | KELLOGG'S, EGGO Protein, Waffles, Homestyle   | 70.0      | 2.0 waffles                   | 0.343                         |
| 28013  | KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip  | 70.0      | 2.0 waffles                   | 0.343                         |
| 28010  | KELLOGG'S, EGGO, Waffles, Buttermilk  | 70.0      | 2.0 waffles                   | 0.343                         |
| 28023  | KELLOGG'S, SIMPLY EGGO, Original  | 70.0      | 2.0 waffles                   | 0.343                         |
| 28024  | KELLOGG'S, EGGO, Waffles, Strawberry  | 70.0      | 2.0 waffles                   | 0.343                         |
| 18505  | KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat  | 70.0      | 2.0 waffles 1 serving         | 0.343                         |
| 28021  | KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original   | 70.0      | 2.0 waffles                   | 0.343                         |
| 07979  | Sausage, pork, turkey, and beef, reduced sodium   | 85.0      | 3.0 oz                        | 0.343                         |
| 10035  | Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted                                      | 85.0      | 3.0 oz                        | 0.343                         |

| NDB_No | Description   | Weight(g) | Measure                                     | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 20138  | Wheat, KAMUT khorasan, uncooked   | 186.0     | 1.0 cup                                     | 0.342                         |
| 18998  | KELLOGG'S, EGGO, French Toaster Sticks, Original  | 90.0      | 2.0 pieces                                  | 0.342                         |
| 28007  | KELLOGG'S, EGGO, Waffles, Brown Sugar Cinnamon Roll   | 76.0      | 2.0 waffles                                 | 0.342                         |
| 28008  | KELLOGG'S, EGGO, Waffles, Strawberry Strudel  | 76.0      | 2.0 waffles                                 | 0.342                         |
| 18997  | KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon  | 90.0      | 2.0 pieces                                  | 0.342                         |
| 16596  | MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared  | 114.0     | 1.0 burger                                  | 0.342                         |
| 21225  | Pizza, cheese topping, rising crust, frozen, cooked   | 139.0     | 1.0 serving 6 servings per 29.25 oz package | 0.342                         |
| 21364  | McDONALD'S, Hotcakes and Sausage  | 192.0     | 1.0 item                                    | 0.342                         |
| 01220  | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D  | 170.0     | 1.0 container (6 oz)                        | 0.342                         |
| 17464  | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled | 85.0      | 3.0 oz                                      | 0.342                         |
| 01231  | Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener   | 170.0     | 1.0 container                               | 0.342                         |
| 01119  | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce  | 170.0     | 1.0 container (6 oz)                        | 0.342                         |
| 16037  | Beans, navy, mature seeds, raw  | 208.0     | 1.0 cup                                     | 0.341                         |
| 28259  | KELLOGG'S, EGGO Minis, Pancakes, Buttermilk   | 110.0     | 11.0 pancakes                               | 0.341                         |
| 28025  | KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar   | 55.0      | 1.0 waffle                                  | 0.341                         |
| 28026  | KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original  | 55.0      | 1.0 waffle                                  | 0.341                         |
| 13446  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled                   | 85.0      | 3.0 oz                                      | 0.341                         |
| 14628  | Beverages, Energy drink, AMP, sugar free  | 240.0     | 8.0 fl oz                                   | 0.341                         |
| 14639  | Beverages, rice milk, unsweetened   | 240.0     | 8.0 fl oz (approximate weight, 1 serving)   | 0.341                         |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)  | 99.0      | 1.0 bagel                                   | 0.341                         |
| 01276  | Yogurt, Greek, strawberry, DANNON OIKOS   | 150.0     | 5.3 oz                                      | 0.340                         |
| 17342  | Game meat, elk, tenderloin, separable lean only, cooked, broiled  | 92.0      | 1.0 steak ( yield from 123.5 g raw meat )   | 0.340                         |
| 16219  | Vitasoy USA, Vitasoy Light Vanilla Soymilk  | 243.0     | 1.0 cup                                     | 0.340                         |
| 16247  | SILK Chai, soymilk  | 243.0     | 1.0 cup                                     | 0.340                         |
| 16248  | SILK Mocha, soymilk   | 243.0     | 1.0 cup                                     | 0.340                         |
| 28304  | Waffles, whole wheat, lowfat, frozen, ready-to-heat   | 70.0      | 1.0 serving 2 waffles                       | 0.340                         |
| 25039  | Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors   | 60.0      | 1.0 bar                                     | 0.340                         |
| 28324  | Pancakes, whole wheat, dry mix, incomplete  | 38.0      | 0.25 cup mix 1 serving                      | 0.340                         |
| 17141  | Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised   | 85.0      | 3.0 oz                                      | 0.340                         |
| 17307  | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled         | 85.0      | 3.0 oz                                      | 0.340                         |
| 23377  | Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted                             | 85.0      | 3.0 oz                                      | 0.340                         |
| 16274  | Vitasoy USA Organic Nasoya, Tofu Plus Firm  | 85.0      | 3.0 oz                                      | 0.340                         |
| 10087  | Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted   | 85.0      | 3.0 oz                                      | 0.340                         |

| NDB_No | Description  | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-------------------------------------|-------------------------------|
| 09246  | Peaches, dried, sulfured, uncooked   | 160.0     | 1.0 cup, halves                     | 0.339                         |
| 08658  | Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal  | 30.0      | 0.75 cup (1 NLEA serving)           | 0.339                         |
| 01182  | USDA Commodity, cheese, cheddar, reduced fat   | 113.0     | 1.0 cup shredded                    | 0.339                         |
| 42304  | Cheese, mozzarella, nonfat   | 113.0     | 1.0 cup, shredded                   | 0.339                         |
| 21425  | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed                              | 152.0     | 1.0 breast without skin             | 0.339                         |
| 09175  | Mammy-apple, (mamey), raw  | 846.0     | 1.0 fruit without refuse            | 0.338                         |
| 19168  | Desserts, egg custard, baked, prepared-from-recipe   | 141.0     | 0.5 cup                             | 0.338                         |
| 13440  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 85.0      | 3.0 oz                              | 0.338                         |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone   | 149.0     | 1.0 cup, drained                    | 0.338                         |
| 21445  | POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed                                      | 83.0      | 1.0 thigh thigh without skin        | 0.338                         |
| 23347  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted     | 85.0      | 3.0 oz                              | 0.337                         |
| 17128  | Veal, shoulder, blade chop, separable lean and fat, raw  | 85.0      | 3.0 oz                              | 0.337                         |
| 10082  | Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled                         | 85.0      | 3.0 oz                              | 0.337                         |
| 01156  | Cheese, goat, hard type  | 28.35     | 1.0 oz                              | 0.337                         |
| 08128  | Cereals, oats, instant, fortified, with cinnamon and spice, dry  | 45.0      | 1.0 packet                          | 0.337                         |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat   | 149.0     | 1.0 fillet                          | 0.337                         |
| 01122  | Yogurt, fruit, low fat, 11 grams protein per 8 ounce   | 170.0     | 1.0 container (6 oz)                | 0.337                         |
| 18499  | KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake  | 116.0     | 3.0 pancakes (NLEA serving)         | 0.336                         |
| 43137  | Vegetarian meatloaf or patties   | 56.0      | 1.0 slice                           | 0.336                         |
| 07942  | Pate, truffle flavor   | 56.0      | 1.0 serving 2 oz                    | 0.336                         |
| 28006  | KELLOGG'S, CINNABON, Pancakes, Original  | 105.0     | 3.0 pancakes                        | 0.336                         |
| 28003  | KELLOGG'S, EGGO, Pancakes, Blueberry   | 105.0     | 3.0 pancakes                        | 0.336                         |
| 10182  | Pork, cured, ham, boneless, extra lean and regular, unheated   | 140.0     | 1.0 cup                             | 0.336                         |
| 07913  | Salami, pork, beef, less sodium  | 100.0     | 3.527 oz                            | 0.336                         |
| 19086  | Candies, confectioner's coating, peanut butter   | 168.0     | 1.0 cup chips                       | 0.336                         |
| 28004  | KELLOGG'S, EGGO, Pancakes, Chocolate Chip  | 105.0     | 3.0 pancakes                        | 0.336                         |
| 08579  | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH                                      | 28.0      | 1.0 bowl (3/4 cup) (1 NLEA serving) | 0.336                         |
| 08672  | Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS  | 30.0      | 0.75 cup (1 NLEA serving)           | 0.336                         |
| 28005  | KELLOGG'S, CINNABON, Pancakes, Caramel   | 105.0     | 3.0 pancakes                        | 0.336                         |
| 10103  | Pork, fresh, variety meats and by-products, heart, raw   | 28.35     | 1.0 oz                              | 0.336                         |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried                        | 85.0      | 3.0 oz                              | 0.336                         |
| 23375  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted    | 85.0      | 3.0 oz                              | 0.336                         |
| 13439  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz                              | 0.336                         |
| 20060  | Rice bran, crude   | 118.0     | 1.0 cup                             | 0.335                         |
| 13441  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 85.0      | 3.0 oz                              | 0.335                         |
| 42185  | Frozen yogurts, chocolate, nonfat milk, sweetened without sugar  | 186.0     | 1.0 cup                             | 0.335                         |

| NDB_No | Description   | Weight(g) | Measure                                    | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 20077  | Wheat bran, crude   | 58.0      | 1.0 cup                                    | 0.335                         |
| 14033  | Beverages, ABBOTT, EAS whey protein powder  | 39.0      | 2.0 scoop                                  | 0.334                         |
| 06211  | Soup, cheese, canned, prepared with equal volume milk   | 251.0     | 1.0 cup                                    | 0.334                         |
| 20014  | Corn grain, yellow  | 166.0     | 1.0 cup                                    | 0.334                         |
| 20314  | Corn grain, white   | 166.0     | 1.0 cup                                    | 0.334                         |
| 36034  | Restaurant, family style, chicken tenders   | 201.0     | 1.0 serving                                | 0.334                         |
| 10876  | Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted                 | 145.0     | 1.0 slice                                  | 0.334                         |
| 35146  | Stew, mutton, corn, squash (Navajo)   | 303.0     | 1.0 serving                                | 0.333                         |
| 23376  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted                       | 85.0      | 3.0 oz                                     | 0.333                         |
| 08710  | Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar  | 49.0      | 1.0 Cup (1 NLEA serving)                   | 0.333                         |
| 21226  | Pizza, meat and vegetable topping, regular crust, frozen, cooked  | 143.0     | 1.0 serving 5 servings per 24.2 oz package | 0.333                         |
| 08703  | Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry   | 52.0      | 1.0 Container (1 NLEA serving)             | 0.333                         |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon  | 128.0     | 1.0 item                                   | 0.333                         |
| 08704  | Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry   | 52.0      | 1.0 Container (1 NLEA serving)             | 0.333                         |
| 08702  | Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry  | 52.0      | 1.0 Container (1 NLEA serving)             | 0.333                         |
| 16113  | Natto   | 175.0     | 1.0 cup                                    | 0.332                         |
| 17303  | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0      | 3.0 oz                                     | 0.332                         |
| 23345  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted                | 85.0      | 3.0 oz                                     | 0.332                         |
| 36619  | Restaurant, Chinese, kung pao chicken   | 604.0     | 1.0 order                                  | 0.332                         |
| 21282  | DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust   | 151.0     | 1.0 slice                                  | 0.332                         |
| 17428  | Veal, shank, separable lean only, raw   | 85.0      | 3.0 oz                                     | 0.331                         |
| 17295  | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted              | 85.0      | 3.0 oz                                     | 0.331                         |
| 19205  | Egg custards, dry mix, prepared with 2% milk  | 141.0     | 0.5 cup                                    | 0.331                         |
| 21358  | McDONALD'S, Sausage McMUFFIN  | 115.0     | 1.0 item 4 oz                              | 0.331                         |
| 17379  | Lamb, New Zealand, imported, tongue - swiss cut, raw  | 113.0     | 4.0 oz                                     | 0.331                         |
| 10181  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried   | 142.0     | 1.0 chop                                   | 0.331                         |
| 10067  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised   | 135.0     | 1.0 chop                                   | 0.331                         |
| 21089  | Fast foods, cheeseburger; single, regular patty; plain  | 91.0      | 1.0 sandwich                               | 0.330                         |
| 10988  | Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled  | 131.0     | 1.0 chop                                   | 0.330                         |
| 35142  | Frybread, made with lard (Navajo)   | 152.0     | 1.0 piece                                  | 0.330                         |
| 10085  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised                                    | 85.0      | 3.0 oz                                     | 0.330                         |
| 23346  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted                    | 85.0      | 3.0 oz                                     | 0.330                         |
| 21464  | Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed   | 142.0     | 1.0 breast without skin                    | 0.329                         |
| 01108  | Milk, indian buffalo, fluid   | 244.0     | 1.0 cup                                    | 0.329                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 17463  | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz  | 0.329                         |
| 10956  | Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled  | 85.0      | 3.0 oz  | 0.329                         |
| 10061  | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted   | 85.0      | 3.0 oz  | 0.329                         |
| 10223  | Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled   | 85.0      | 3.0 oz  | 0.329                         |
| 09038  | Avocados, raw, California   | 230.0     | 1.0 cup, pureed   | 0.329                         |
| 21361  | McDONALD'S, Sausage Biscuit   | 117.0     | 1.0 item 4.1 oz   | 0.329                         |
| 17291  | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0      | 3.0 oz  | 0.328                         |
| 22917  | Burrito, beef and bean, frozen  | 139.0     | 1.0 burrito frozen  | 0.328                         |
| 10927  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted                           | 145.0     | 1.0 slice   | 0.328                         |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd  | 145.0     | 1.0 cup (not packed)  | 0.328                         |
| 10222  | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz  | 0.327                         |
| 23280  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled               | 85.0      | 3.0 oz  | 0.327                         |
| 10177  | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried  | 85.0      | 3.0 oz  | 0.327                         |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds   | 146.0     | 1.0 cup   | 0.327                         |
| 19822  | Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds   | 146.0     | 1.0 cup   | 0.327                         |
| 10084  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw  | 85.0      | 3.0 oz  | 0.326                         |
| 14427  | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water                           | 31.3      | 1.0 fl oz   | 0.326                         |
| 11553  | Tomato products, canned, sauce, with onions   | 245.0     | 1.0 cup   | 0.326                         |
| 01280  | Yogurt, Greek, nonfat, strawberry, DANNON OIKOS   | 150.0     | 5.3 oz  | 0.325                         |
| 23062  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled                 | 150.0     | 1.0 steak   | 0.325                         |
| 10186  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried  | 142.0     | 1.0 chop  | 0.325                         |
| 42173  | Turkey and pork sausage, fresh, bulk, patty or link, cooked   | 130.0     | 1.0 cup, cooked   | 0.325                         |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised   | 85.0      | 3.0 oz  | 0.325                         |
| 23044  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                | 85.0      | 1.0 serving (3 oz)  | 0.325                         |
| 23268  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled                               | 85.0      | 3.0 oz  | 0.325                         |
| 21488  | Fast foods, quesadilla, with chicken  | 180.0     | 1.0 each quesadilla   | 0.324                         |
| 36027  | DENNY'S, chicken strips   | 194.0     | 1.0 serving   | 0.324                         |
| 10945  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised                  | 85.0      | 3.0 oz  | 0.324                         |
| 10204  | Pork, fresh, loin, country-style ribs, separable lean and fat, raw  | 128.0     | 1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g) | 0.324                         |
| 09291  | Plums, dried (prunes), uncooked   | 174.0     | 1.0 cup, pitted   | 0.324                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 09232  | Passion-fruit juice, purple, raw  | 247.0     | 1.0 cup   | 0.324                         |
| 17447  | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted | 85.0      | 3.0 oz  | 0.323                         |
| 17138  | Veal, sirloin, separable lean only, cooked, braised   | 85.0      | 3.0 oz  | 0.323                         |
| 15076  | Fish, salmon, Atlantic, wild, raw   | 85.0      | 3.0 oz  | 0.323                         |
| 10031  | Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted   | 85.0      | 3.0 oz  | 0.322                         |
| 09352  | Blueberries, canned, light syrup, drained   | 244.0     | 1.0 cup   | 0.322                         |
| 10184  | Pork, cured, ham, extra lean and regular, canned, unheated  | 140.0     | 1.0 cup   | 0.322                         |
| 10137  | Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated   | 140.0     | 1.0 cup   | 0.322                         |
| 18945  | Pie crust, deep dish, frozen, unbaked, made with enriched flour   | 225.0     | 1.0 pie crust (average weight)                                  | 0.322                         |
| 10221  | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled  | 85.0      | 3.0 oz  | 0.321                         |
| 19094  | Desserts, flan, caramel custard, prepared-from-recipe   | 153.0     | 0.5 cup   | 0.321                         |
| 10063  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised  | 135.0     | 1.0 chop  | 0.321                         |
| 20063  | Rye flour, dark   | 128.0     | 1.0 cup   | 0.321                         |
| 05148  | Goose, domesticated, meat only, raw   | 85.0      | 3.0 oz  | 0.320                         |
| 21515  | MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared  | 160.0     | 1.0 pizza   | 0.320                         |
| 10059  | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted  | 85.0      | 3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g) | 0.320                         |
| 17435  | Veal, shank, separable lean and fat, raw  | 85.0      | 3.0 oz  | 0.320                         |
| 17299  | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted        | 85.0      | 3.0 oz  | 0.320                         |
| 21251  | BURGER KING, Cheeseburger   | 133.0     | 1.0 item  | 0.319                         |
| 05188  | Turkey, from whole, dark meat, cooked, roasted  | 85.0      | 1.0 serving   | 0.319                         |
| 05216  | Turkey, back, from whole bird, meat only, roasted   | 85.0      | 3.0 oz  | 0.319                         |
| 05741  | Turkey, thigh, from whole bird, meat only, roasted  | 85.0      | 3.0 oz  | 0.319                         |
| 22972  | Pulled pork in barbecue sauce   | 249.0     | 1.0 cup   | 0.319                         |
| 11426  | Pumpkin pie mix, canned   | 270.0     | 1.0 cup   | 0.319                         |
| 36022  | APPLEBEE'S, crunchy onion rings   | 350.0     | 1.0 serving   | 0.318                         |
| 21259  | BURGER KING, Original Chicken Sandwich  | 199.0     | 1.0 sandwich  | 0.318                         |
| 21456  | POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading   | 194.0     | 1.0 breast, with skin   | 0.318                         |
| 05303  | Poultry, mechanically deboned, from mature hens, raw  | 227.0     | 0.5 lb  | 0.318                         |
| 05045  | Chicken, broilers or fryers, dark meat, meat only, cooked, roasted  | 140.0     | 1.0 cup, chopped or diced                                       | 0.318                         |
| 22963  | Lean Pockets, Meatballs & Mozzarella  | 128.0     | 1.0 each  | 0.317                         |
| 10019  | Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted  | 85.0      | 3.0 oz  | 0.317                         |
| 01026  | Cheese, mozzarella, whole milk  | 112.0     | 1.0 cup, shredded   | 0.317                         |
| 01034  | Cheese, port de salut   | 132.0     | 1.0 cup, diced  | 0.317                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 21442  | POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed   | 132.0     | 1.0 breast without skin   | 0.317                         |
| 05363  | Ruffed Grouse, breast meat, skinless, raw  | 113.0     | 4.0 oz                    | 0.316                         |
| 10169  | Pork, cured, shoulder, arm picnic, separable lean only, roasted  | 140.0     | 1.0 cup                   | 0.316                         |
| 10152  | Pork, cured, ham, whole, separable lean only, unheated   | 140.0     | 1.0 cup                   | 0.316                         |
| 17462  | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted | 85.0      | 3.0 oz                    | 0.316                         |
| 21094  | Fast foods, cheeseburger, double, regular patty and bun, with condiments   | 155.0     | 1.0 sandwich              | 0.316                         |
| 21395  | Fast foods, cheeseburger; double, regular patty; with condiments   | 155.0     | 1.0 sandwich              | 0.316                         |
| 05692  | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted   | 130.0     | 1.0 thigh with skin       | 0.316                         |
| 36603  | Restaurant, Chinese, beef and vegetables   | 574.0     | 1.0 order                 | 0.316                         |
| 01271  | Cheese, mozzarella, low moisture, part-skim, shredded  | 86.0      | 1.0 cup                   | 0.316                         |
| 09297  | Raisins, golden seedless   | 165.0     | 1.0 cup, packed           | 0.315                         |
| 43299  | Soybean, curd cheese   | 225.0     | 1.0 cup                   | 0.315                         |
| 15164  | Mollusks, mussel, blue, raw  | 150.0     | 1.0 cup                   | 0.315                         |
| 11118  | Cabbage, kimchi  | 150.0     | 1.0 cup                   | 0.315                         |
| 16603  | MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared  | 105.0     | 1.0 biscuit               | 0.315                         |
| 12037  | Seeds, sunflower seed kernels, dry roasted, without salt   | 128.0     | 1.0 cup                   | 0.315                         |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added  | 128.0     | 1.0 cup                   | 0.315                         |
| 12536  | Seeds, sunflower seed kernels from shell, dry roasted, with salt added   | 128.0     | 1.0 cup                   | 0.315                         |
| 17187  | Lamb, variety meats and by-products, brain, cooked, pan-fried  | 85.0      | 3.0 oz                    | 0.314                         |
| 17317  | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled              | 85.0      | 3.0 oz                    | 0.314                         |
| 17261  | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled                                | 85.0      | 3.0 oz                    | 0.314                         |
| 17139  | Veal, sirloin, separable lean only, cooked, roasted  | 85.0      | 3.0 oz                    | 0.314                         |
| 17176  | Game meat, opossum, cooked, roasted  | 85.0      | 3.0 oz                    | 0.314                         |
| 17102  | Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded   | 85.0      | 3.0 oz                    | 0.314                         |
| 21524  | McDONALD'S, RANCH SNACK WRAP, Grilled  | 123.0     | 1.0 wrap                  | 0.314                         |
| 21518  | Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce   | 123.0     | 1.0 item                  | 0.314                         |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried   | 85.0      | 3.0 oz                    | 0.314                         |
| 05190  | Turkey, all classes, back, meat and skin, cooked, roasted  | 140.0     | 1.0 cup, chopped or diced | 0.314                         |
| 42187  | Frozen yogurts, flavors other than chocolate   | 174.0     | 1.0 cup                   | 0.313                         |
| 42186  | Frozen yogurts, chocolate  | 174.0     | 1.0 cup                   | 0.313                         |
| 12193  | Seeds, sisymbrium sp. seeds, whole, dried  | 74.0      | 1.0 cup                   | 0.313                         |
| 11211  | Edamame, frozen, unprepared  | 118.0     | 1.0 cup                   | 0.313                         |
| 10946  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw                                    | 85.0      | 3.0 oz                    | 0.312                         |
| 43595  | Breakfast bar, corn flake crust with fruit   | 28.35     | 1.0 oz                    | 0.312                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 23273  | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled                         | 138.0     | 1.0 fillet                                       | 0.310                         |
| 05688  | Chicken, dark meat, drumstick, meat and skin, with added solution, raw  | 143.0     | 1.0 drumstick with skin                          | 0.310                         |
| 05184  | Turkey, dark meat from whole, meat and skin, cooked, roasted  | 85.0      | 1.0 serving                                      | 0.310                         |
| 17336  | Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled   | 85.0      | 1.0 serving ( 3 oz )                             | 0.310                         |
| 10081  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised                         | 85.0      | 3.0 oz   | 0.310                         |
| 19170  | Egg custards, dry mix, prepared with whole milk   | 141.0     | 0.5 cup  | 0.310                         |
| 21013  | Fast foods, croissant, with egg, cheese, and ham  | 155.0     | 1.0 item   | 0.310                         |
| 05127  | Chicken, stewing, giblets, raw  | 28.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.310                         |
| 21233  | McDONALD'S, Cheeseburger  | 119.0     | 1.0 item 4 oz                                    | 0.309                         |
| 11683  | Carrot, dehydrated  | 74.0      | 1.0 cup  | 0.309                         |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese   | 134.0     | 1.0 sandwich                                     | 0.308                         |
| 21105  | Fast foods, fish sandwich, with tartar sauce  | 220.0     | 1.0 sandwich                                     | 0.308                         |
| 05176  | Turkey, heart, all classes, cooked, simmered  | 20.0      | 1.0 heart  | 0.308                         |
| 23272  | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                     | 135.0     | 1.0 fillet                                       | 0.308                         |
| 21276  | PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust  | 127.0     | 1.0 slice  | 0.307                         |
| 18299  | Pancakes, whole-wheat, dry mix, incomplete  | 28.35     | 1.0 oz   | 0.307                         |
| 09231  | Passion-fruit, (granadilla), purple, raw  | 236.0     | 1.0 cup  | 0.307                         |
| 43132  | Meatballs, meatless   | 144.0     | 1.0 cup  | 0.307                         |
| 15052  | Fish, mackerel, spanish, cooked, dry heat   | 146.0     | 1.0 fillet                                       | 0.307                         |
| 12147  | Nuts, pine nuts, dried  | 135.0     | 1.0 cup  | 0.306                         |
| 16119  | Soy meal, defatted, raw   | 122.0     | 1.0 cup  | 0.306                         |
| 17077  | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled                                    | 85.0      | 3.0 oz   | 0.306                         |
| 17087  | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised            | 85.0      | 3.0 oz   | 0.306                         |
| 17100  | Veal, leg (top round), separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.306                         |
| 17190  | Veal, variety meats and by-products, brain, cooked, pan-fried   | 85.0      | 3.0 oz   | 0.306                         |
| 17132  | Veal, shoulder, blade, separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.306                         |
| 01203  | Yogurt, fruit, lowfat, with low calorie sweetener   | 170.0     | 1.0 container (6 oz)                             | 0.306                         |
| 01218  | Yogurt, fruit variety, nonfat, fortified with vitamin D   | 170.0     | 1.0 container (6 oz)                             | 0.306                         |
| 10943  | Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted                              | 85.0      | 3.0 oz   | 0.306                         |
| 17101  | Veal, leg (top round), separable lean only, cooked, pan-fried, breaded  | 85.0      | 3.0 oz   | 0.306                         |
| 17133  | Veal, shoulder, blade, separable lean only, cooked, roasted   | 85.0      | 3.0 oz   | 0.306                         |
| 43261  | Yogurt, fruit variety, nonfat   | 170.0     | 1.0 container (6 oz)                             | 0.306                         |
| 17283  | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked | 85.0      | 3.0 oz   | 0.306                         |
| 01219  | Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D   | 170.0     | 1.0 container (6 oz)                             | 0.306                         |

| NDB_No | Description  | Weight(g) | Measure                                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 10055  | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted                              | 85.0      | 3.0 oz                                    | 0.306                         |
| 05099  | Chicken, broilers or fryers, thigh, meat only, cooked, stewed  | 140.0     | 1.0 cup, chopped or diced                 | 0.305                         |
| 11525  | Taro, tahitian, raw  | 125.0     | 1.0 cup slices                            | 0.305                         |
| 05024  | Chicken, gizzard, all classes, cooked, simmered  | 145.0     | 1.0 cup chopped or dice                   | 0.304                         |
| 10952  | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted                        | 85.0      | 3.0 oz                                    | 0.304                         |
| 10041  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised                              | 85.0      | 3.0 oz                                    | 0.304                         |
| 10180  | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried                          | 85.0      | 3.0 oz                                    | 0.304                         |
| 05304  | Turkey, mechanically deboned, from turkey frames, raw  | 227.0     | 0.5 lb                                    | 0.304                         |
| 21080  | Fast foods, nachos, with cheese, beans, ground beef, and tomatoes  | 222.0     | 1.0 serving                               | 0.304                         |
| 21269  | TACO BELL, Nachos Supreme  | 222.0     | 1.0 serving                               | 0.304                         |
| 17344  | Game meat, deer, ground, cooked, pan-broiled   | 93.0      | 1.0 patty                                 | 0.304                         |
| 17339  | Game meat, elk, ground, cooked, pan-broiled  | 95.0      | 1.0 patty ( yield from 104.1 g raw meat ) | 0.304                         |
| 21516  | KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared  | 152.0     | 1.0 pizza                                 | 0.304                         |
| 36621  | Restaurant, Chinese, sweet and sour chicken  | 706.0     | 1.0 order                                 | 0.304                         |
| 10954  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 85.0      | 3.0 oz                                    | 0.303                         |
| 10079  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted  | 85.0      | 3.0 oz                                    | 0.303                         |
| 10963  | Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw   | 85.0      | 3.0 oz                                    | 0.303                         |
| 01217  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D                                     | 170.0     | 1.0 container (6 oz)                      | 0.303                         |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce   | 170.0     | 1.0 container (6 oz)                      | 0.303                         |
| 21289  | LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust  | 115.0     | 1.0 slice                                 | 0.302                         |
| 23164  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled         | 85.0      | 3.0 oz                                    | 0.302                         |
| 10083  | Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted                             | 85.0      | 3.0 oz                                    | 0.302                         |
| 32019  | Lasagna, cheese, frozen, unprepared  | 237.0     | 1.0 cup 1 serving                         | 0.301                         |
| 08132  | Cereals, oats, instant, fortified, with raisins and spice, dry   | 44.0      | 1.0 packet                                | 0.301                         |
| 09299  | Raisins, seeded  | 165.0     | 1.0 cup, packed                           | 0.300                         |
| 21033  | Fast foods, sundae, hot fudge  | 158.0     | 1.0 sundae                                | 0.300                         |
| 01059  | Milk, filled, fluid, with blend of hydrogenated vegetable oils   | 244.0     | 1.0 cup                                   | 0.300                         |
| 01060  | Milk, filled, fluid, with lauric acid oil  | 244.0     | 1.0 cup                                   | 0.300                         |
| 10120  | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried                                  | 85.0      | 3.0 oz                                    | 0.300                         |
| 10080  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw                                  | 85.0      | 3.0 oz                                    | 0.300                         |
| 23162  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled     | 85.0      | 3.0 oz                                    | 0.300                         |
| 07056  | Peppered loaf, pork, beef  | 100.0     | 3.52 slices                               | 0.300                         |
| 11557  | Tomato products, canned, sauce, with onions, green peppers, and celery   | 250.0     | 1.0 cup                                   | 0.300                         |
| 21110  | Fast foods, hamburger; double, regular, patty; plain   | 120.0     | 1.0 item                                  | 0.300                         |
| 10017  | Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz                                    | 0.299                         |

| NDB_No | Description   | Weight(g) | Measure              | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------|-------------------------------|
| 21244  | WENDY'S, Homestyle Chicken Fillet Sandwich  | 230.0     | 1.0 item             | 0.299                         |
| 21356  | McDONALD'S, McCHICKEN Sandwich (without mayonnaise)   | 138.0     | 1.0 item             | 0.298                         |
| 36009  | T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu   | 144.0     | 1.0 cup              | 0.298                         |
| 21513  | KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared   | 149.0     | 1.0 pizza            | 0.298                         |
| 14421  | Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk                             | 185.0     | 6.0 fl oz            | 0.298                         |
| 17096  | Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded   | 85.0      | 3.0 oz               | 0.298                         |
| 23166  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled        | 85.0      | 3.0 oz               | 0.298                         |
| 17135  | Veal, sirloin, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz               | 0.298                         |
| 17097  | Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded                                     | 85.0      | 3.0 oz               | 0.298                         |
| 17129  | Veal, shoulder, blade, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz               | 0.298                         |
| 23215  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 85.0      | 3.0 oz               | 0.298                         |
| 17136  | Veal, sirloin, separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz               | 0.298                         |
| 17223  | Veal, variety meats and by-products, tongue, cooked, braised  | 85.0      | 3.0 oz               | 0.298                         |
| 17120  | Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised                                       | 85.0      | 3.0 oz               | 0.298                         |
| 17429  | Veal, foreshank, osso buco, separable lean only, cooked, braised  | 85.0      | 3.0 oz               | 0.298                         |
| 17130  | Veal, shoulder, blade, separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz               | 0.298                         |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised  | 85.0      | 3.0 oz               | 0.298                         |
| 19821  | Snacks, trail mix, regular, unsalted  | 150.0     | 1.0 cup              | 0.297                         |
| 19059  | Snacks, trail mix, regular  | 150.0     | 1.0 cup              | 0.297                         |
| 01167  | Cheese, mexican, queso chihuahua  | 132.0     | 1.0 cup, diced       | 0.297                         |
| 19439  | Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar  | 37.0      | 1.0 bar              | 0.296                         |
| 23214  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz               | 0.296                         |
| 10981  | Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only  | 85.0      | 3.0 oz               | 0.296                         |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt           | 219.0     | 1.0 cup              | 0.296                         |
| 18401  | Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled  | 129.0     | 1.0 cup              | 0.295                         |
| 11461  | Spinach, canned, regular pack, drained solids   | 214.0     | 1.0 cup              | 0.295                         |
| 21028  | Fast foods, vanilla, light, soft-serve ice cream, with cone   | 120.0     | 1.0 item             | 0.295                         |
| 17334  | Game meat, bison, chuck, shoulder clod, separable lean only, raw  | 85.0      | 1.0 serving ( 3 oz ) | 0.295                         |
| 13493  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled           | 85.0      | 3.0 oz               | 0.295                         |
| 16049  | Beans, white, mature seeds, raw   | 202.0     | 1.0 cup              | 0.295                         |
| 21032  | Fast foods, sundae, caramel   | 155.0     | 1.0 sundae           | 0.294                         |
| 01166  | Cheese, mexican, queso asadero  | 132.0     | 1.0 cup, diced       | 0.294                         |
| 23182  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised                    | 85.0      | 3.0 oz               | 0.294                         |
| 23180  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised                | 85.0      | 3.0 oz               | 0.294                         |
| 23216  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 85.0      | 3.0 oz               | 0.294                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 23184  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised             | 85.0      | 3.0 oz   | 0.294                         |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX   | 33.0      | 1.25 cup (1 NLEA serving)                        | 0.294                         |
| 13969  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0      | 3.0 oz   | 0.293                         |
| 05131  | Chicken, stewing, dark meat, meat only, raw  | 105.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.293                         |
| 05301  | Poultry, mechanically deboned, from backs and necks with skin, raw   | 227.0     | 0.5 lb   | 0.293                         |
| 11437  | Salsify, (vegetable oyster), raw   | 133.0     | 1.0 cup slices                                   | 0.293                         |
| 10229  | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked       | 85.0      | 3.0 oz   | 0.292                         |
| 10049  | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised                       | 85.0      | 3.0 oz   | 0.292                         |
| 05096  | Chicken, broilers or fryers, dark meat, thigh, meat only, raw  | 149.0     | 1.0 thigh without skin                           | 0.292                         |
| 01168  | Cheese, low fat, cheddar or colby  | 132.0     | 1.0 cup, diced                                   | 0.292                         |
| 10018  | Pork, fresh, leg (ham), shank half, separable lean only, raw   | 85.0      | 3.0 oz   | 0.292                         |
| 21291  | LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust  | 104.0     | 1.0 slice  | 0.291                         |
| 05641  | Ostrich, ground, raw   | 109.0     | 1.0 patty  | 0.291                         |
| 10060  | Pork, fresh, loin, tenderloin, separable lean only, raw  | 85.0      | 3.0 oz   | 0.291                         |
| 05215  | Turkey, back from whole bird, meat only, raw   | 114.0     | 4.0 oz   | 0.291                         |
| 05737  | Turkey, retail parts, drumstick, meat and skin, cooked, roasted  | 85.0      | 3.0 oz   | 0.290                         |
| 17378  | Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered                               | 85.0      | 3.0 oz   | 0.290                         |
| 10202  | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried                    | 85.0      | 3.0 oz   | 0.289                         |
| 17091  | Veal, composite of trimmed retail cuts, separable lean only, cooked  | 85.0      | 3.0 oz   | 0.289                         |
| 17117  | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised                             | 85.0      | 3.0 oz   | 0.289                         |
| 17426  | Veal, leg, top round, cap off, cutlet, boneless, raw   | 85.0      | 3.0 oz   | 0.289                         |
| 17108  | Veal, loin, separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.289                         |
| 17173  | Game meat, moose, cooked, roasted  | 85.0      | 3.0 oz   | 0.289                         |
| 17121  | Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted                                | 85.0      | 3.0 oz   | 0.289                         |
| 10014  | Pork, fresh, leg (ham), rump half, separable lean only, raw  | 85.0      | 3.0 oz   | 0.289                         |
| 17118  | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted                             | 85.0      | 3.0 oz   | 0.289                         |
| 08436  | Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry  | 43.0      | 1.0 packet (1 NLEA serving)                      | 0.288                         |
| 16018  | Beans, black turtle, mature seeds, canned  | 240.0     | 1.0 cup  | 0.288                         |
| 16099  | Peanut flour, defatted   | 60.0      | 1.0 cup  | 0.288                         |
| 16316  | Beans, black, mature seeds, canned, low sodium   | 240.0     | 1.0 cup  | 0.288                         |
| 12152  | Nuts, pistachio nuts, dry roasted, without salt added  | 123.0     | 1.0 cup  | 0.288                         |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added   | 123.0     | 1.0 cup  | 0.288                         |
| 35145  | Stew, hominy with mutton (Navajo)  | 411.0     | 1.0 serving                                      | 0.288                         |
| 21112  | Fast foods, hamburger; single, large patty; plain  | 137.0     | 1.0 sandwich                                     | 0.288                         |
| 16390  | Peanuts, all types, dry-roasted, without salt  | 146.0     | 1.0 cup  | 0.288                         |
| 10032  | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw                              | 85.0      | 3.0 oz   | 0.287                         |

| NDB_No | Description  | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------|-------------------------------|
| 10026  | Pork, fresh, loin, whole, separable lean only, cooked, broiled   | 85.0      | 3.0 oz                       | 0.287                         |
| 10218  | Pork, fresh, loin, tenderloin, separable lean and fat, raw   | 85.0      | 3.0 oz                       | 0.286                         |
| 23157  | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled                      | 85.0      | 3.0 oz                       | 0.286                         |
| 17436  | Veal, foreshank, osso buco, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz                       | 0.286                         |
| 17337  | Game meat, bison, top round, separable lean only, 1" steak, raw  | 85.0      | 1.0 serving ( 3 oz )         | 0.286                         |
| 10944  | Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw  | 85.0      | 3.0 oz                       | 0.286                         |
| 05071  | Chicken, broilers or fryers, dark meat, drumstick, meat only, raw  | 130.0     | 1.0 drumstick with skin      | 0.286                         |
| 10037  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised                                     | 85.0      | 3.0 oz                       | 0.286                         |
| 16067  | Hyacinth beans, mature seeds, raw  | 210.0     | 1.0 cup                      | 0.286                         |
| 17315  | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 85.0      | 3.0 oz                       | 0.286                         |
| 18459  | Breakfast tart, low fat  | 52.0      | 1.0 tart                     | 0.285                         |
| 09288  | Prunes, canned, heavy syrup pack, solids and liquids   | 234.0     | 1.0 cup                      | 0.285                         |
| 15113  | Fish, tilefish, cooked, dry heat   | 150.0     | 0.5 fillet                   | 0.285                         |
| 09095  | Figs, dried, stewed  | 259.0     | 1.0 cup                      | 0.285                         |
| 20653  | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry  | 91.0      | 1.0 cup spaghetti            | 0.285                         |
| 05728  | Turkey, thigh, from whole bird, meat only, with added solution, roasted  | 85.0      | 3.0 oz                       | 0.285                         |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised  | 85.0      | 3.0 oz                       | 0.285                         |
| 05725  | Turkey, drumstick, from whole bird, meat only, with added solution, roasted  | 85.0      | 3.0 oz                       | 0.285                         |
| 23176  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled                      | 85.0      | 3.0 oz                       | 0.285                         |
| 10178  | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried   | 85.0      | 3.0 oz                       | 0.285                         |
| 23374  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw                                  | 85.0      | 3.0 oz                       | 0.285                         |
| 23148  | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled                     | 85.0      | 3.0 oz                       | 0.285                         |
| 23368  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw                                  | 85.0      | 3.0 oz                       | 0.285                         |
| 05695  | Turkey, dark meat, meat only, with added solution, cooked, roasted   | 85.0      | 3.0 oz                       | 0.285                         |
| 10953  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw                       | 85.0      | 3.0 oz                       | 0.285                         |
| 10949  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw                              | 146.0     | 1.0 chop                     | 0.285                         |
| 32028  | Turnover, filled with egg, meat and cheese, frozen   | 127.0     | 1.0 piece turnover 1 serving | 0.284                         |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter  | 245.0     | 1.0 cup                      | 0.284                         |
| 11843  | Potatoes, au gratin, home-prepared from recipe using margarine   | 245.0     | 1.0 cup                      | 0.284                         |
| 16594  | MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared  | 284.0     | 1.0 entree                   | 0.284                         |
| 23156  | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled                  | 85.0      | 3.0 oz                       | 0.284                         |
| 16060  | Cowpeas, catjang, mature seeds, raw  | 167.0     | 1.0 cup                      | 0.284                         |
| 05354  | USDA Commodity, turkey taco meat, frozen, cooked   | 85.0      | 3.0 oz                       | 0.284                         |
| 01015  | Cheese, cottage, lowfat, 2% milkfat  | 113.0     | 4.0 oz                       | 0.284                         |
| 17193  | Veal, variety meats and by-products, heart, raw  | 28.35     | 1.0 oz                       | 0.284                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 18996  | KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese  | 105.0     | 1.0 biscuit  | 0.284                         |
| 05157  | Quail, meat and skin, raw  | 109.0     | 1.0 quail  | 0.283                         |
| 21107  | Fast foods, hamburger; single, regular patty; plain  | 78.0      | 1.0 sandwich   | 0.283                         |
| 21466  | Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed   | 84.0      | 1.0 thigh without skin   | 0.283                         |
| 10951  | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw  | 85.0      | 3.0 oz   | 0.283                         |
| 17313  | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled                       | 85.0      | 3.0 oz   | 0.283                         |
| 05046  | Chicken, broilers or fryers, dark meat, meat only, cooked, stewed  | 140.0     | 1.0 cup, chopped or diced  | 0.283                         |
| 01138  | Egg, duck, whole, fresh, raw   | 70.0      | 1.0 egg  | 0.283                         |
| 10134  | Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted   | 140.0     | 1.0 cup  | 0.283                         |
| 10068  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled                                      | 145.0     | 1.0 chop   | 0.283                         |
| 09321  | Sugar-apples, (sweetsop), raw  | 250.0     | 1.0 cup, pulp  | 0.282                         |
| 17281  | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked | 85.0      | 3.0 oz   | 0.282                         |
| 10217  | Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted                                      | 85.0      | 3.0 oz   | 0.282                         |
| 10033  | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised  | 85.0      | 3.0 oz   | 0.282                         |
| 21093  | Fast foods, cheeseburger; double, regular patty, with condiments and vegetables  | 166.0     | 1.0 sandwich   | 0.282                         |
| 10858  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled             | 150.0     | 1.0 chop boneless  | 0.282                         |
| 08144  | Cereals, whole wheat hot natural cereal, dry   | 94.0      | 1.0 cup  | 0.282                         |
| 43544  | Babyfood, cereal, rice with pears and apple, dry, instant fortified  | 15.0      | 1.0 serving  | 0.282                         |
| 06128  | Soup, chicken noodle, dry, mix   | 74.0      | 1.0 packet   | 0.282                         |
| 05719  | Turkey, back, from whole bird, meat only, with added solution, raw   | 114.0     | 4.0 oz   | 0.282                         |
| 05694  | Turkey, dark meat from whole, meat only, with added solution, raw  | 114.0     | 4.0 oz   | 0.282                         |
| 05724  | Turkey, drumstick, from whole bird, meat only, with added solution, raw  | 114.0     | 4.0 oz   | 0.282                         |
| 36037  | Restaurant, family style, chili with meat and beans  | 136.0     | 1.0 cup  | 0.282                         |
| 36019  | APPLEBEE'S, chili  | 136.0     | 1.0 cup  | 0.282                         |
| 31032  | Vegetable smoothie, NAKED JUICE, KALE BLAZER   | 268.0     | 1.0 cup  | 0.281                         |
| 11938  | Mushroom, white, exposed to ultraviolet light, raw   | 70.0      | 1.0 cup pieces or slices   | 0.281                         |
| 11260  | Mushrooms, white, raw  | 70.0      | 1.0 cup, pieces or slices  | 0.281                         |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted   | 85.0      | 3.0 oz   | 0.281                         |
| 12086  | Nuts, cashew nuts, oil roasted, without salt added   | 129.0     | 1.0 cup, whole   | 0.281                         |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added  | 129.0     | 1.0 cup, whole   | 0.281                         |
| 17008  | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                          | 148.0     | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.281                         |
| 17229  | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised                                  | 148.0     | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.281                         |
| 28101  | KEEBLER, Cinnamon Toast Grahams  | 37.0      | 1.0 package  | 0.281                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 17191  | Lamb, variety meats and by-products, heart, raw  | 28.35     | 1.0 oz                    | 0.281                         |
| 17427  | Veal, loin, chop, separable lean only, cooked, grilled   | 85.0      | 3.0 oz                    | 0.280                         |
| 23344  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                                     | 85.0      | 3.0 oz                    | 0.280                         |
| 17257  | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised                       | 85.0      | 3.0 oz                    | 0.280                         |
| 17103  | Veal, leg (top round), separable lean only, cooked, roasted  | 85.0      | 3.0 oz                    | 0.280                         |
| 23147  | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted                            | 85.0      | 3.0 oz                    | 0.280                         |
| 17275  | Veal, breast, whole, boneless, separable lean only, cooked, braised  | 85.0      | 3.0 oz                    | 0.280                         |
| 17126  | Veal, shoulder, arm, separable lean only, cooked, braised  | 85.0      | 3.0 oz                    | 0.280                         |
| 23158  | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled                            | 85.0      | 3.0 oz                    | 0.280                         |
| 17265  | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0      | 3.0 oz                    | 0.280                         |
| 17127  | Veal, shoulder, arm, separable lean only, cooked, roasted  | 85.0      | 3.0 oz                    | 0.280                         |
| 35144  | Stew, dumpling with mutton (Navajo)  | 308.0     | 1.0 serving               | 0.280                         |
| 21288  | LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust   | 90.0      | 1.0 slice                 | 0.280                         |
| 05091  | Chicken, broilers or fryers, thigh, meat and skin, raw   | 193.0     | 1.0 thigh with skin       | 0.280                         |
| 10027  | Pork, fresh, loin, whole, separable lean only, cooked, roasted   | 85.0      | 3.0 oz                    | 0.280                         |
| 23338  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw                                     | 85.0      | 3.0 oz                    | 0.280                         |
| 10034  | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled  | 85.0      | 3.0 oz                    | 0.280                         |
| 23146  | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted                        | 85.0      | 3.0 oz                    | 0.280                         |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt   | 180.0     | 1.0 cup                   | 0.279                         |
| 11853  | Soybeans, green, cooked, boiled, drained, with salt  | 180.0     | 1.0 cup                   | 0.279                         |
| 13491  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                        | 85.0      | 3.0 oz                    | 0.279                         |
| 23101  | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted                            | 85.0      | 3.0 oz                    | 0.279                         |
| 10940  | Pork, fresh, spareribs, separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz                    | 0.279                         |
| 21290  | LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust   | 102.0     | 1.0 slice                 | 0.278                         |
| 21490  | Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread  | 230.0     | 1.0 sandwich              | 0.278                         |
| 22247  | Macaroni and Cheese, canned entree   | 244.0     | 1.0 serving               | 0.278                         |
| 21230  | Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise   | 152.0     | 1.0 sandwich              | 0.278                         |
| 10213  | Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted   | 85.0      | 3.0 oz                    | 0.278                         |
| 05012  | Chicken, broilers or fryers, meat only, cooked, fried  | 140.0     | 1.0 cup, chopped or diced | 0.277                         |
| 21063  | Fast foods, burrito, with beans and beef   | 241.0     | 1.0 item                  | 0.277                         |
| 10933  | Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted   | 85.0      | 1.0 serving (3 oz)        | 0.277                         |
| 13959  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled                     | 85.0      | 3.0 oz                    | 0.277                         |
| 17345  | Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled  | 54.0      | 1.0 steak                 | 0.277                         |

| NDB_No | Description   | Weight(g) | Measure                                      | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 19348  | Syrups, chocolate, fudge-type   | 304.0     | 1.0 cup                                      | 0.277                         |
| 06978  | Soup, beef and mushroom, low sodium, chunk style  | 251.0     | 1.0 cup                                      | 0.276                         |
| 10859  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled | 150.0     | 1.0 chop boneless (yield from 189g raw meat) | 0.276                         |
| 01165  | Cheese, mexican, queso anejo  | 132.0     | 1.0 cup, crumbled                            | 0.276                         |
| 10064  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled                          | 145.0     | 1.0 chop                                     | 0.276                         |
| 01120  | Yogurt, fruit, low fat, 9 grams protein per 8 ounce   | 170.0     | 1.0 container (6 oz)                         | 0.275                         |
| 01221  | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D    | 170.0     | 1.0 container (6 oz)                         | 0.275                         |
| 21034  | Fast foods, sundae, strawberry  | 153.0     | 1.0 sundae                                   | 0.275                         |
| 01184  | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener                              | 170.0     | 1.0 container (6 oz)                         | 0.275                         |
| 01216  | Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D                                   | 170.0     | 1.0 container (6 oz)                         | 0.275                         |
| 06201  | Soup, cream of asparagus, canned, prepared with equal volume milk   | 248.0     | 1.0 cup (8 fl oz)                            | 0.275                         |
| 16506  | LOMA LINDA Vege-Burger, canned, unprepared  | 55.0      | 0.25 cup                                     | 0.275                         |
| 21241  | WENDY'S, Jr. Hamburger, without cheese  | 117.0     | 1.0 item                                     | 0.275                         |
| 05722  | Turkey, retail parts, thigh, meat only, cooked, roasted   | 85.0      | 3.0 oz                                       | 0.275                         |
| 23100  | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled    | 85.0      | 3.0 oz                                       | 0.275                         |
| 23174  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled     | 85.0      | 3.0 oz                                       | 0.275                         |
| 10201  | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled                           | 85.0      | 3.0 oz                                       | 0.275                         |
| 36404  | Restaurant, Latino, arroz con leche (rice pudding)  | 283.0     | 1.0 serving                                  | 0.275                         |
| 21118  | Fast foods, hotdog, plain   | 98.0      | 1.0 sandwich                                 | 0.274                         |
| 05130  | Chicken, stewing, light meat, meat only, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced                    | 0.274                         |
| 12085  | Nuts, cashew nuts, dry roasted, without salt added  | 137.0     | 1.0 cup, halves and whole                    | 0.274                         |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added   | 137.0     | 1.0 cup, halves and whole                    | 0.274                         |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added  | 137.0     | 1.0 cup                                      | 0.274                         |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                                      | 85.0      | 3.0 oz                                       | 0.274                         |
| 10113  | Pork, fresh, variety meats and by-products, lungs, cooked, braised  | 85.0      | 3.0 oz                                       | 0.274                         |
| 17311  | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled           | 85.0      | 3.0 oz                                       | 0.274                         |
| 10163  | Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled                      | 114.0     | 4.0 oz                                       | 0.274                         |
| 18995  | KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese  | 105.0     | 1.0 bscuit                                   | 0.273                         |
| 10022  | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled   | 85.0      | 3.0 oz                                       | 0.273                         |
| 05701  | Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted                               | 85.0      | 3.0 oz                                       | 0.273                         |
| 06246  | Soup, cream of onion, canned, prepared with equal volume milk   | 248.0     | 1.0 cup (8 fl oz)                            | 0.273                         |
| 18969  | Cream puff, eclair, custard or cream filled, iced   | 113.0     | 4.0 oz                                       | 0.272                         |
| 23167  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw                  | 85.0      | 3.0 oz                                       | 0.272                         |

| NDB_No | Description   | Weight(g) | Measure                                       | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 17085  | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 85.0      | 3.0 oz  | 0.272                         |
| 17098  | Veal, leg (top round), separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz  | 0.272                         |
| 17124  | Veal, shoulder, arm, separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz  | 0.272                         |
| 17089  | Veal, composite of trimmed retail cuts, separable lean and fat, cooked  | 85.0      | 3.0 oz  | 0.272                         |
| 01229  | Cheese, white, queso blanco   | 118.0     | 1.0 cup, crumbled                             | 0.271                         |
| 11881  | Taro, tahitian, cooked, with salt   | 137.0     | 1.0 cup slices                                | 0.271                         |
| 11526  | Taro, tahitian, cooked, without salt  | 137.0     | 1.0 cup slices                                | 0.271                         |
| 05175  | Turkey, heart, all classes, raw   | 24.0      | 1.0 piece                                     | 0.271                         |
| 20622  | Spaghetti, protein-fortified, dry, enriched (n x 6.25)  | 57.0      | 2.0 oz  | 0.271                         |
| 23031  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 141.0     | 1.0 steak                                     | 0.271                         |
| 06256  | Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk                                   | 253.0     | 1.0 cup (8 fl oz)                             | 0.271                         |
| 10045  | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised                       | 85.0      | 3.0 oz  | 0.270                         |
| 23372  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw               | 85.0      | 3.0 oz  | 0.270                         |
| 23366  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw               | 85.0      | 3.0 oz  | 0.270                         |
| 05679  | Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted                                | 91.0      | 1.0 drumstick without skin                    | 0.270                         |
| 03184  | Babyfood, cereal, whole wheat, with apples, dry fortified   | 15.0      | 0.5 oz  | 0.270                         |
| 16546  | MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared   | 45.0      | 2.0 links                                     | 0.270                         |
| 05332  | Chicken, ground, raw  | 112.0     | 4.0 oz crumbled                               | 0.270                         |
| 13501  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled     | 85.0      | 3.0 oz  | 0.269                         |
| 10899  | Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil                                      | 85.0      | 1.0 serving (3 oz)                            | 0.269                         |
| 23235  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised             | 85.0      | 3.0 oz  | 0.269                         |
| 01020  | Cheese, fontina   | 132.0     | 1.0 cup, diced                                | 0.269                         |
| 15207  | Fish, roe, mixed species, cooked, dry heat  | 28.35     | 1.0 oz  | 0.269                         |
| 22994  | KASHI Spinach Artichoke Pasta, frozen, unprepared   | 269.0     | 1.0 entree                                    | 0.269                         |
| 16059  | Chili with beans, canned  | 256.0     | 1.0 cup                                       | 0.269                         |
| 05120  | Chicken, roasting, dark meat, meat only, cooked, roasted  | 140.0     | 1.0 cup, chopped or diced                     | 0.269                         |
| 17215  | Lamb, variety meats and by-products, spleen, cooked, braised  | 85.0      | 3.0 oz  | 0.269                         |
| 10029  | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised                            | 85.0      | 3.0 oz  | 0.269                         |
| 06358  | Soup, tomato bisque, canned, prepared with equal volume milk  | 251.0     | 1.0 cup (8 fl oz)                             | 0.269                         |
| 08511  | Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt                                      | 268.0     | 1.0 serving (3 T dry cereal plus 1 cup water) | 0.268                         |
| 13492  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled       | 85.0      | 3.0 oz  | 0.268                         |
| 23161  | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted      | 85.0      | 3.0 oz  | 0.268                         |
| 13890  | Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried                   | 85.0      | 3.0 oz  | 0.268                         |
| 05079  | Chicken, broilers or fryers, leg, meat and skin, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced                     | 0.267                         |
| 32021  | Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)         | 198.0     | 1.0 cup                                       | 0.267                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>                            | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|---|---------------------------------------|
| 10028         | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw                              | 85.0             | 3.0 oz                                    | 0.267                                 |
| 22928         | Burrito, beef and bean, microwaved  | 116.0            | 1.0 burrito cooked                        | 0.267                                 |
| 06249         | Soup, pea, green, canned, prepared with equal volume milk   | 254.0            | 1.0 cup (8 fl oz)                         | 0.267                                 |
| 21427         | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed                              | 86.0             | 1.0 thigh without skin                    | 0.267                                 |
| 35204         | Chokecherries, raw, pitted (Northern Plains Indians)  | 154.0            | 1.0 cup                                   | 0.266                                 |
| 22911         | Chili, no beans, canned entree  | 240.0            | 1.0 cup                                   | 0.266                                 |
| 10030         | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled                            | 85.0             | 3.0 oz                                    | 0.266                                 |
| 17376         | Lamb, New Zealand, imported, testes, cooked, soaked and fried   | 85.0             | 3.0 oz                                    | 0.266                                 |
| 13968         | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled    | 85.0             | 3.0 oz                                    | 0.266                                 |
| 23342         | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw            | 85.0             | 3.0 oz                                    | 0.266                                 |
| 10197         | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried                    | 85.0             | 3.0 oz                                    | 0.266                                 |
| 10023         | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted   | 85.0             | 3.0 oz                                    | 0.266                                 |
| 13500         | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0             | 3.0 oz                                    | 0.266                                 |
| 05070         | Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed   | 140.0            | 1.0 cup, chopped or diced                 | 0.266                                 |
| 10168         | Pork, cured, shoulder, arm picnic, separable lean and fat, roasted  | 140.0            | 1.0 cup                                   | 0.266                                 |
| 14196         | Beverages, Cocoa mix, no sugar added, powder  | 19.0             | 1.0 envelope Alba (.675 oz)               | 0.266                                 |
| 14154         | Beverages, Energy drink, RED BULL   | 258.0            | 1.0 can 8.4 fl oz                         | 0.266                                 |
| 16117         | Soy flour, defatted   | 105.0            | 1.0 cup                                   | 0.266                                 |
| 11703         | Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt                                     | 168.0            | 1.0 cup                                   | 0.265                                 |
| 11010         | Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt                                  | 168.0            | 1.0 cup                                   | 0.265                                 |
| 10203         | Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted                        | 85.0             | 3.0 oz                                    | 0.265                                 |
| 10051         | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted                         | 85.0             | 3.0 oz                                    | 0.265                                 |
| 23336         | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw            | 85.0             | 3.0 oz                                    | 0.265                                 |
| 17437         | Veal, loin, chop, separable lean and fat, cooked, grilled   | 85.0             | 3.0 oz                                    | 0.265                                 |
| 05646         | Ostrich, inside strip, raw  | 85.0             | 1.0 serving (cooked from 4 oz raw)        | 0.265                                 |
| 17338         | Game meat, elk, ground, raw   | 102.0            | 1.0 patty ( yield from 102.2 g raw meat ) | 0.265                                 |
| 11551         | Tomato products, canned, sauce, with mushrooms  | 245.0            | 1.0 cup                                   | 0.265                                 |
| 10150         | Pork, cured, ham, whole, separable lean and fat, unheated   | 140.0            | 1.0 cup                                   | 0.265                                 |
| 10093         | Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked          | 85.0             | 3.0 oz                                    | 0.264                                 |
| 21287         | LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust   | 89.0             | 1.0 slice                                 | 0.264                                 |
| 22961         | HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen  | 127.0            | 1.0 hot pocket (1 NLEA serving)           | 0.264                                 |
| 11955         | Tomatoes, sun-dried   | 54.0             | 1.0 cup                                   | 0.264                                 |
| 21296         | PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust  | 110.0            | 1.0 slice                                 | 0.264                                 |
| 10931         | Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted   | 85.0             | 1.0 serving (3 oz)                        | 0.264                                 |
| 17151         | Game meat, beaver, cooked, roasted  | 85.0             | 3.0 oz                                    | 0.264                                 |
| 17107         | Veal, loin, separable lean only, raw  | 85.0             | 3.0 oz                                    | 0.264                                 |

| NDB_No | Description  | Weight(g) | Measure                            | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------------|-------------------------------|
| 17123  | Veal, shoulder, arm, separable lean and fat, cooked, braised   | 85.0      | 3.0 oz                             | 0.264                         |
| 13502  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled    | 85.0      | 3.0 oz                             | 0.264                         |
| 23219  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw            | 85.0      | 3.0 oz                             | 0.264                         |
| 17114  | Veal, rib, separable lean only, cooked, braised  | 85.0      | 3.0 oz                             | 0.264                         |
| 17022  | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted         | 85.0      | 3.0 oz                             | 0.264                         |
| 21145  | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen                     | 155.0     | 1.0 slice 1/8 per pizza            | 0.264                         |
| 23233  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised        | 85.0      | 3.0 oz                             | 0.263                         |
| 23380  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted      | 85.0      | 3.0 oz                             | 0.263                         |
| 17274  | Veal, breast, point half, boneless, separable lean and fat, cooked, braised                                  | 85.0      | 3.0 oz                             | 0.263                         |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added   | 134.0     | 1.0 cup                            | 0.263                         |
| 12137  | Nuts, mixed nuts, oil roasted, with peanuts, without salt added  | 134.0     | 1.0 cup                            | 0.263                         |
| 18947  | Pie crust, deep dish, frozen, baked, made with enriched flour  | 202.0     | 1.0 pie crust (average weight)     | 0.263                         |
| 18938  | Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)                             | 53.0      | 1.0 piece                          | 0.262                         |
| 15219  | Fish, trout, mixed species, cooked, dry heat   | 62.0      | 1.0 fillet                         | 0.262                         |
| 05158  | Quail, meat only, raw  | 92.0      | 1.0 quail                          | 0.262                         |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk                                | 252.0     | 1.0 serving 1 cup                  | 0.262                         |
| 21355  | McDONALD'S, McCHICKEN Sandwich   | 131.0     | 1.0 sandwich                       | 0.262                         |
| 11344  | Pigeonpeas, immature seeds, raw  | 154.0     | 1.0 cup                            | 0.262                         |
| 21497  | PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust   | 119.0     | 1.0 slice                          | 0.262                         |
| 05649  | Ostrich, outside strip, raw  | 85.0      | 1.0 serving (cooked from 4 oz raw) | 0.262                         |
| 09259  | Pears, dried, sulfured, uncooked   | 180.0     | 1.0 cup, halves                    | 0.261                         |
| 17335  | Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled                                     | 85.0      | 1.0 serving ( 3 oz )               | 0.261                         |
| 07013  | Bratwurst, pork, cooked  | 85.0      | 1.0 link cooked                    | 0.261                         |
| 23373  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                  | 85.0      | 3.0 oz                             | 0.261                         |
| 23367  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw                  | 85.0      | 3.0 oz                             | 0.261                         |
| 10016  | Pork, fresh, leg (ham), shank half, separable lean and fat, raw  | 85.0      | 3.0 oz                             | 0.261                         |
| 05717  | Turkey, retail parts, thigh, meat only, raw  | 85.0      | 3.0 oz                             | 0.261                         |
| 15114  | Fish, trout, mixed species, raw  | 79.0      | 1.0 fillet                         | 0.261                         |
| 05094  | Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted   | 137.0     | 1.0 thigh with skin                | 0.260                         |
| 21274  | PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust   | 96.0      | 1.0 slice                          | 0.260                         |
| 13862  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0      | 3.0 oz                             | 0.260                         |
| 23228  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled   | 85.0      | 3.0 oz                             | 0.260                         |
| 15118  | Fish, tuna, fresh, bluefin, cooked, dry heat   | 85.0      | 3.0 oz                             | 0.260                         |
| 23350  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   | 85.0      | 3.0 oz                             | 0.260                         |
| 18479  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon                                 | 50.0      | 1.0 pastry                         | 0.260                         |
| 06359  | Soup, tomato, canned, prepared with equal volume low fat (2%) milk   | 252.0     | 1.0 serving 1 cup                  | 0.260                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 18932  | Waffles, buttermilk, frozen, ready-to-heat  | 39.0      | 1.0 waffle, square                               | 0.259                         |
| 05066  | Chicken, broilers or fryers, drumstick, meat and skin, raw  | 133.0     | 1.0 drumstick with skin                          | 0.259                         |
| 19126  | Candies, milk chocolate coated peanuts  | 149.0     | 1.0 cup  | 0.259                         |
| 10192  | Pork, fresh, backribs, separable lean and fat, raw  | 85.0      | 3.0 oz   | 0.259                         |
| 13650  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled          | 85.0      | 3.0 oz   | 0.259                         |
| 13598  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled      | 85.0      | 3.0 oz   | 0.259                         |
| 23149  | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled              | 85.0      | 3.0 oz   | 0.259                         |
| 23178  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled               | 85.0      | 3.0 oz   | 0.259                         |
| 05036  | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour   | 110.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.258                         |
| 23234  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                     | 85.0      | 3.0 oz   | 0.258                         |
| 06216  | Soup, cream of chicken, canned, prepared with equal volume milk   | 248.0     | 1.0 cup (8 fl oz)                                | 0.258                         |
| 21463  | Yogurt parfait, lowfat, with fruit and granola  | 149.0     | 1.0 item   | 0.258                         |
| 20069  | Triticale   | 192.0     | 1.0 cup  | 0.257                         |
| 13321  | Beef, variety meats and by-products, heart, raw   | 28.35     | 1.0 oz   | 0.257                         |
| 10947  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled              | 107.0     | 1.0 chop   | 0.257                         |
| 14164  | Beverages, chocolate malt powder, prepared with 1% milk, fortified  | 98.0      | 1.0 cup dry mix                                  | 0.257                         |
| 05648  | Ostrich, outside leg, raw   | 85.0      | 1.0 serving (cooked from 4 oz raw)               | 0.257                         |
| 23343  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                        | 85.0      | 3.0 oz   | 0.257                         |
| 05333  | Chicken, ground, crumbles, cooked, pan-browned  | 85.0      | 3.0 oz crumbled                                  | 0.257                         |
| 01089  | Milk, low sodium, fluid   | 244.0     | 1.0 cup  | 0.256                         |
| 23227  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled        | 85.0      | 3.0 oz   | 0.256                         |
| 05647  | Ostrich, inside strip, cooked   | 85.0      | 1.0 serving ( 3 oz )                             | 0.256                         |
| 08116  | Cereals, MALT-O-MEAL, original, plain, dry  | 35.0      | 3.0 tbsp (1 NLEA serving)                        | 0.256                         |
| 32015  | Turnover, cheese-filled, tomato-based sauce, frozen, unprepared   | 127.0     | 1.0 serving 4.5 oz                               | 0.255                         |
| 28305  | Pancakes, plain, reduced fat  | 105.0     | 1.0 serving 3 pancakes                           | 0.255                         |
| 17061  | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled | 85.0      | 3.0 oz   | 0.255                         |
| 17109  | Veal, loin, separable lean only, cooked, roasted  | 85.0      | 3.0 oz   | 0.255                         |
| 10196  | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled                              | 85.0      | 3.0 oz   | 0.255                         |
| 05716  | Turkey, retail parts, drumstick, meat only, raw   | 85.0      | 3.0 oz   | 0.255                         |
| 16617  | MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared   | 255.0     | 1.0 entree                                       | 0.255                         |
| 17279  | Veal, shank (fore and hind), separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.255                         |
| 16528  | WORTHINGTON Dinner Roast, frozen, unprepared  | 85.0      | 1.0 slice , 3/4"                                 | 0.255                         |
| 23091  | Beef, chuck for stew, separable lean and fat, select, cooked, braised   | 85.0      | 3.0 oz   | 0.255                         |
| 13334  | Beef, variety meats and by-products, spleen, cooked, braised  | 85.0      | 3.0 oz   | 0.255                         |

| NDB_No | Description  | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-------------------------------------|-------------------------------|
| 17105  | Veal, loin, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz                              | 0.255                         |
| 25051  | Snacks, CLIF BAR, mixed flavors  | 68.0      | 1.0 bar                             | 0.255                         |
| 23337  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                 | 85.0      | 3.0 oz                              | 0.255                         |
| 08370  | Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS  | 21.0      | 1.0 bowl (3/4 cup) (1 NLEA serving) | 0.255                         |
| 21149  | School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen  | 91.0      | 1.0 piece 3.2 oz                    | 0.255                         |
| 22941  | SPAGHETTIOS, SpaghettiOs with Sliced Franks  | 252.0     | 1.0 cup (1 serving)                 | 0.255                         |
| 22931  | SPAGHETTIOS, SpaghettiOs Original  | 252.0     | 1.0 cup (1 serving)                 | 0.255                         |
| 22942  | SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs   | 252.0     | 1.0 cup (1 serving)                 | 0.255                         |
| 22939  | SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce  | 252.0     | 1.0 cup (1 serving)                 | 0.255                         |
| 22932  | SPAGHETTIOS, SpaghettiOs A to Z's  | 252.0     | 1.0 cup (1 serving)                 | 0.255                         |
| 18080  | Bread sticks, plain  | 46.0      | 1.0 cup, small pieces               | 0.254                         |
| 23163  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw             | 85.0      | 3.0 oz                              | 0.254                         |
| 23258  | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled       | 115.0     | 1.0 fillet                          | 0.254                         |
| 19353  | Syrups, maple  | 20.0      | 1.0 tbsps                           | 0.254                         |
| 11345  | Pigeonpeas, immature seeds, cooked, boiled, drained, without salt  | 153.0     | 1.0 cup                             | 0.254                         |
| 11826  | Pigeonpeas, immature seeds, cooked, boiled, drained, with salt   | 153.0     | 1.0 cup                             | 0.254                         |
| 13366  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked                 | 85.0      | 3.0 oz                              | 0.253                         |
| 10935  | Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted                                      | 85.0      | 1.0 serving (3 oz)                  | 0.253                         |
| 05645  | Ostrich, inside leg, cooked  | 85.0      | 1.0 serving ( 3 oz )                | 0.253                         |
| 21376  | McDONALD'S, Bacon Ranch Salad with Grilled Chicken   | 305.0     | 1.0 item 10.8 oz                    | 0.253                         |
| 32025  | Dumpling, potato- or cheese-filled, frozen   | 114.0     | 3.0 pieces pierogies                | 0.253                         |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted   | 116.0     | 1.0 thigh without skin              | 0.253                         |
| 23191  | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0      | 3.0 oz                              | 0.252                         |
| 05743  | Turkey, retail parts, thigh, meat and skin, cooked, roasted  | 85.0      | 3.0 oz                              | 0.252                         |
| 23189  | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted     | 85.0      | 3.0 oz                              | 0.252                         |
| 21440  | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading   | 152.0     | 1.0 thigh, with skin                | 0.252                         |
| 43283  | Pheasant, cooked, total edible   | 140.0     | 1.0 cup, chopped or diced           | 0.252                         |
| 08156  | Cereals ready-to-eat, rice, puffed, fortified  | 14.0      | 1.0 cup                             | 0.252                         |
| 23257  | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled       | 124.0     | 1.0 fillet                          | 0.252                         |
| 10937  | Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil                                    | 85.0      | 1.0 serving (3 oz)                  | 0.252                         |
| 17272  | Veal, breast, whole, boneless, separable lean and fat, cooked, braised   | 85.0      | 3.0 oz                              | 0.252                         |
| 23186  | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled     | 85.0      | 3.0 oz                              | 0.252                         |
| 17384  | Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried                               | 85.0      | 3.0 oz                              | 0.252                         |
| 17273  | Veal, breast, plate half, boneless, separable lean and fat, cooked, braised                                    | 85.0      | 3.0 oz                              | 0.252                         |
| 23190  | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted     | 85.0      | 3.0 oz                              | 0.252                         |
| 05652  | Ostrich, oyster, cooked  | 85.0      | 1.0 serving ( 3 oz )                | 0.252                         |

| NDB_No | Description  | Weight(g) | Measure                              | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------------------|-------------------------------|
| 22901  | Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased  | 81.0      | 0.75 cup                             | 0.251                         |
| 21272  | PIZZA HUT 12" Cheese Pizza, Pan Crust  | 100.0     | 1.0 slice                            | 0.251                         |
| 17418  | Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried  | 85.0      | 3.0 oz                               | 0.251                         |
| 05644  | Ostrich, inside leg, raw   | 85.0      | 1.0 serving ( cooked from 4 oz raw ) | 0.251                         |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted   | 85.0      | 3.0 oz                               | 0.251                         |
| 17277  | Veal, shank (fore and hind), separable lean and fat, cooked, braised   | 85.0      | 3.0 oz                               | 0.251                         |
| 12167  | Nuts, chestnuts, european, roasted   | 143.0     | 1.0 cup                              | 0.250                         |
| 21498  | PIZZA HUT 14" Sausage Pizza, Pan Crust   | 125.0     | 1.0 slice                            | 0.250                         |
| 06024  | Soup, chicken and vegetable, canned, ready-to-serve  | 255.0     | 1.0 cup                              | 0.250                         |
| 23195  | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled                        | 85.0      | 3.0 oz                               | 0.250                         |
| 13340  | Beef, variety meats and by-products, tongue, cooked, simmered  | 85.0      | 3.0 oz                               | 0.250                         |
| 23058  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 1.0 serving (3 oz)                   | 0.250                         |
| 05320  | Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)   | 96.0      | 1.0 serving                          | 0.250                         |
| 03127  | Babyfood, vegetables, spinach, creamed, strained   | 240.0     | 1.0 cup                              | 0.250                         |
| 09233  | Passion-fruit juice, yellow, raw   | 247.0     | 1.0 cup                              | 0.249                         |
| 16410  | Soybeans, mature seeds, roasted, no salt added   | 172.0     | 1.0 cup                              | 0.249                         |
| 16110  | Soybeans, mature seeds, roasted, salted  | 172.0     | 1.0 cup                              | 0.249                         |
| 10950  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled                        | 107.0     | 1.0 chop                             | 0.249                         |
| 05642  | Ostrich, ground, cooked, pan-broiled   | 93.0      | 1.0 patty                            | 0.249                         |
| 21382  | McDONALD'S, FILET-O-FISH (without tartar sauce)  | 124.0     | 1.0 item                             | 0.249                         |
| 05013  | Chicken, broilers or fryers, meat only, roasted  | 140.0     | 1.0 cup, chopped or diced            | 0.249                         |
| 10227  | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked                            | 85.0      | 3.0 oz                               | 0.249                         |
| 23188  | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled                     | 85.0      | 3.0 oz                               | 0.249                         |
| 05650  | Ostrich, outside strip, cooked   | 85.0      | 1.0 serving ( 3 oz )                 | 0.249                         |
| 32026  | Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen   | 127.0     | 1.0 piece turnover 1 serving         | 0.249                         |
| 28329  | Cookies, chocolate, made with rice cereal  | 62.0      | 1.0 cookie                           | 0.249                         |
| 05656  | Ostrich, tip trimmed, cooked   | 85.0      | 1.0 serving ( 3 oz )                 | 0.248                         |
| 10056  | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw  | 85.0      | 3.0 oz                               | 0.248                         |
| 10216  | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled   | 85.0      | 3.0 oz                               | 0.248                         |
| 23159  | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted                       | 85.0      | 3.0 oz                               | 0.248                         |
| 23060  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled               | 85.0      | 1.0 serving (3 oz)                   | 0.248                         |
| 11855  | Spinach, canned, no salt added, solids and liquids   | 234.0     | 1.0 cup                              | 0.248                         |
| 11459  | Spinach, canned, regular pack, solids and liquids  | 234.0     | 1.0 cup                              | 0.248                         |
| 09292  | Plums, dried (prunes), stewed, without added sugar   | 248.0     | 1.0 cup, pitted                      | 0.248                         |

| NDB_No | Description  | Weight(g) | Measure                            | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------------|-------------------------------|
| 06210  | Soup, cream of celery, canned, prepared with equal volume milk   | 248.0     | 1.0 cup (8 fl oz)                  | 0.248                         |
| 09508  | Fruit juice smoothie, NAKED JUICE, GREEN MACHINE   | 275.0     | 1.0 cup                            | 0.248                         |
| 22402  | Beef macaroni with tomato sauce, frozen entree, reduced fat  | 269.0     | 1.0 serving                        | 0.247                         |
| 05654  | Ostrich, tenderloin, raw   | 85.0      | 1.0 serving (cooked from 4 oz raw) | 0.247                         |
| 23378  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted          | 85.0      | 3.0 oz                             | 0.247                         |
| 23229  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled           | 85.0      | 3.0 oz                             | 0.247                         |
| 43541  | Ice creams, chocolate, rich  | 148.0     | 1.0 cup                            | 0.247                         |
| 23256  | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled         | 121.0     | 1.0 fillet                         | 0.247                         |
| 11269  | Mushrooms, shiitake, cooked, without salt  | 145.0     | 1.0 cup pieces                     | 0.247                         |
| 11798  | Mushrooms, shiitake, cooked, with salt   | 145.0     | 1.0 cup pieces                     | 0.247                         |
| 17115  | Veal, rib, separable lean only, cooked, roasted  | 85.0      | 3.0 oz                             | 0.246                         |
| 05653  | Ostrich, round, raw  | 85.0      | 1.0 serving (cooked from 4 oz raw) | 0.246                         |
| 17329  | Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled        | 85.0      | 3.0 oz                             | 0.246                         |
| 13933  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried                     | 85.0      | 3.0 oz                             | 0.246                         |
| 17049  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                     | 85.0      | 3.0 oz                             | 0.246                         |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted    | 85.0      | 3.0 oz                             | 0.246                         |
| 17184  | Game meat, squirrel, cooked, roasted   | 85.0      | 3.0 oz                             | 0.246                         |
| 10212  | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled                                | 85.0      | 3.0 oz                             | 0.246                         |
| 10188  | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked   | 85.0      | 3.0 oz                             | 0.246                         |
| 17321  | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked | 85.0      | 3.0 oz                             | 0.246                         |
| 17111  | Veal, rib, separable lean and fat, cooked, braised   | 85.0      | 3.0 oz                             | 0.246                         |
| 05170  | Turkey, skin from whole (light and dark), roasted  | 85.0      | 1.0 serving                        | 0.246                         |
| 10198  | Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted                            | 85.0      | 3.0 oz                             | 0.246                         |
| 17325  | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised          | 85.0      | 3.0 oz                             | 0.246                         |
| 16118  | Soy flour, low-fat   | 88.0      | 1.0 cup, stirred                   | 0.246                         |
| 21294  | PIZZA HUT 14" Cheese Pizza, Pan Crust  | 112.0     | 1.0 slice                          | 0.246                         |
| 21263  | TACO BELL, Soft Taco with steak  | 127.0     | 1.0 item                           | 0.246                         |
| 05700  | Turkey, dark meat from whole, meat and skin, with added solution, raw  | 114.0     | 4.0 oz                             | 0.246                         |
| 21434  | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading   | 212.0     | 1.0 breast, with skin              | 0.246                         |
| 21271  | PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust  | 96.0      | 1.0 slice                          | 0.246                         |
| 23217  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw                | 85.0      | 3.0 oz                             | 0.246                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 23348  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted         | 85.0      | 3.0 oz   | 0.246                         |
| 05658  | Ostrich, top loin, cooked  | 85.0      | 1.0 serving ( 3 oz )   | 0.246                         |
| 05162  | Squab, (pigeon), light meat without skin, raw  | 101.0     | 1.0 breast, bone removed   | 0.245                         |
| 20320  | Cornmeal, whole-grain, white   | 122.0     | 1.0 cup  | 0.245                         |
| 20020  | Cornmeal, whole-grain, yellow  | 122.0     | 1.0 cup  | 0.245                         |
| 28168  | KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries   | 50.0      | 1.0 pastry   | 0.245                         |
| 16509  | LOMA LINDA Linketts, canned, unprepared  | 35.0      | 1.0 link   | 0.245                         |
| 28169  | KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries   | 50.0      | 1.0 pastry   | 0.245                         |
| 05643  | Ostrich, fan, raw  | 85.0      | 1.0 serving ( cooked from 4oz raw)   | 0.245                         |
| 17217  | Veal, variety meats and by-products, spleen, cooked, braised   | 85.0      | 3.0 oz   | 0.245                         |
| 05655  | Ostrich, tip trimmed, raw  | 85.0      | 1.0 serving ( cooked from 4 oz raw)  | 0.245                         |
| 23187  | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled             | 85.0      | 3.0 oz   | 0.245                         |
| 03092  | Babyfood, vegetables, green beans, junior  | 240.0     | 1.0 cup  | 0.245                         |
| 05180  | Turkey from whole, neck, meat only, cooked, simmered   | 85.0      | 1.0 serving  | 0.245                         |
| 13150  | Beef, rib, shortribs, separable lean only, choice, cooked, braised   | 121.0     | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)   | 0.244                         |
| 21302  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust  | 111.0     | 1.0 slice  | 0.244                         |
| 11192  | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt   | 165.0     | 1.0 cup  | 0.244                         |
| 11777  | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt  | 165.0     | 1.0 cup  | 0.244                         |
| 23496  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw                            | 114.0     | 4.0 oz   | 0.244                         |
| 23292  | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw                  | 85.0      | 3.0 oz   | 0.244                         |
| 17343  | Game meat, deer, ground, raw   | 85.0      | 1.0 patty (cooked from 4 oz raw)   | 0.244                         |
| 10058  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled                                      | 85.0      | 3.0 oz   | 0.244                         |
| 23197  | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled        | 85.0      | 3.0 oz   | 0.244                         |
| 11267  | Mushrooms, shiitake, stir-fried  | 89.0      | 1.0 cup whole  | 0.244                         |
| 21275  | PIZZA HUT 12" Pepperoni Pizza, Pan Crust   | 96.0      | 1.0 slice  | 0.244                         |
| 12097  | Nuts, chestnuts, european, raw, unpeeled   | 145.0     | 1.0 cup  | 0.244                         |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised   | 86.0      | 1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g) | 0.243                         |
| 18934  | Waffle, buttermilk, frozen, ready-to-heat, microwaved  | 35.0      | 1.0 waffle   | 0.243                         |
| 17010  | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                           | 128.0     | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)   | 0.243                         |
| 42280  | Frankfurter, meat and poultry, low fat   | 143.0     | 1.0 cup, sliced  | 0.243                         |
| 23545  | Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0      | 3.0 oz   | 0.243                         |
| 05657  | Ostrich, top loin, raw   | 85.0      | 1.0 serving (cooked from 4 oz raw)   | 0.243                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 13364  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked          | 85.0      | 3.0 oz  | 0.243                         |
| 17385  | Lamb, New Zealand, imported, tenderloin, separable lean only, raw   | 113.0     | 4.0 oz  | 0.243                         |
| 23484  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked        | 114.0     | 4.0 oz  | 0.243                         |
| 10171  | Pork, cured, shoulder, blade roll, separable lean and fat, roasted  | 85.0      | 3.0 oz  | 0.242                         |
| 23200  | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0      | 3.0 oz  | 0.242                         |
| 23165  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw              | 85.0      | 3.0 oz  | 0.242                         |
| 11015  | Asparagus, canned, drained solids   | 242.0     | 1.0 cup   | 0.242                         |
| 01240  | Ice cream cone, chocolate covered, with nuts, flavors other than chocolate                                  | 96.0      | 1.0 unit  | 0.242                         |
| 17377  | Lamb, New Zealand, imported, testes, raw  | 113.0     | 4.0 oz  | 0.242                         |
| 17423  | Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw  | 113.0     | 4.0 oz  | 0.242                         |
| 10805  | USDA Commodity, pork, ground, fine/coarse, frozen, raw  | 113.0     | 1.0 oz crumbles                                 | 0.242                         |
| 01036  | Cheese, ricotta, whole milk   | 124.0     | 0.5 cup   | 0.242                         |
| 15204  | Fish, pike, walleye, cooked, dry heat   | 124.0     | 1.0 fillet                                      | 0.242                         |
| 05651  | Ostrich, oyster, raw  | 85.0      | 1.0 serving ( cooked from 4 oz raw)             | 0.241                         |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce  | 170.0     | 1.0 container (6 oz)                            | 0.241                         |
| 10929  | Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted                                    | 85.0      | 1.0 serving (3 oz)                              | 0.241                         |
| 21482  | Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust   | 127.0     | 1.0 slice                                       | 0.241                         |
| 21090  | Fast foods, cheeseburger; single, regular patty, with condiments  | 127.0     | 1.0 item  | 0.241                         |
| 16619  | MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared   | 241.0     | 1.0 entree                                      | 0.241                         |
| 21009  | Fast foods, biscuit, with sausage   | 111.0     | 1.0 item  | 0.241                         |
| 21520  | Fast foods, breadstick, soft, prepared with garlic and parmesan cheese                                      | 43.0      | 1.0 breadstick                                  | 0.241                         |
| 21525  | PIZZA HUT, breadstick, parmesan garlic  | 43.0      | 1.0 breadstick                                  | 0.241                         |
| 17289  | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised     | 85.0      | 3.0 oz  | 0.241                         |
| 11212  | Edamame, frozen, prepared   | 155.0     | 1.0 cup   | 0.240                         |
| 03711  | Babyfood, cereal, high protein, with apple and orange, prepared with whole milk                             | 28.35     | 1.0 oz  | 0.240                         |
| 27060  | Soup, chunky vegetable, reduced sodium, canned, ready-to-serve  | 240.0     | 1.0 cup   | 0.240                         |
| 28176  | KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries   | 50.0      | 1.0 pastry                                      | 0.240                         |
| 28163  | KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries  | 50.0      | 1.0 pastry                                      | 0.240                         |
| 09041  | Bananas, dehydrated, or banana powder   | 100.0     | 1.0 cup   | 0.240                         |
| 23081  | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised         | 85.0      | 3.0 oz  | 0.240                         |
| 13365  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked              | 85.0      | 3.0 oz  | 0.240                         |
| 19087  | Candies, white chocolate  | 85.0      | 1.0 bar (3 oz)                                  | 0.240                         |
| 23443  | Beef, New Zealand, imported, variety meats and by-products, tongue, raw                                     | 113.0     | 4.0 oz  | 0.240                         |
| 10948  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw                | 114.0     | 4.0 oz  | 0.239                         |
| 05166  | Turkey, whole, meat and skin, cooked, roasted   | 85.0      | 3.0 oz  | 0.239                         |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked  | 154.0     | 1.0 pie crust (average weight of 1 baked crust) | 0.239                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 03948  | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA                       | 30.5      | 1.0 fl oz  | 0.239                         |
| 11305  | Peas, green, cooked, boiled, drained, without salt   | 160.0     | 1.0 cup  | 0.238                         |
| 11811  | Peas, green, cooked, boiled, drained, with salt  | 160.0     | 1.0 cup  | 0.238                         |
| 23379  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted              | 85.0      | 3.0 oz   | 0.238                         |
| 17263  | Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted               | 85.0      | 3.0 oz   | 0.238                         |
| 17231  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0      | 3.0 oz   | 0.238                         |
| 17004  | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked           | 85.0      | 3.0 oz   | 0.238                         |
| 05736  | Turkey, retail parts, drumstick, meat and skin, raw  | 85.0      | 3.0 oz   | 0.238                         |
| 05168  | Turkey, whole, meat only, cooked, roasted  | 85.0      | 3.0 oz   | 0.238                         |
| 17020  | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted              | 85.0      | 3.0 oz   | 0.238                         |
| 17106  | Veal, loin, separable lean and fat, cooked, roasted  | 85.0      | 3.0 oz   | 0.238                         |
| 17235  | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted              | 85.0      | 3.0 oz   | 0.238                         |
| 17142  | Veal, ground, raw  | 85.0      | 3.0 oz   | 0.238                         |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                              | 85.0      | 3.0 oz   | 0.238                         |
| 13523  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw                        | 85.0      | 3.0 oz   | 0.238                         |
| 17104  | Veal, loin, separable lean and fat, raw  | 85.0      | 3.0 oz   | 0.238                         |
| 13382  | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised                        | 85.0      | 3.0 oz   | 0.238                         |
| 17018  | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                   | 85.0      | 3.0 oz   | 0.238                         |
| 17041  | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled   | 85.0      | 3.0 oz   | 0.238                         |
| 13981  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                   | 85.0      | 3.0 oz   | 0.238                         |
| 21297  | PIZZA HUT 14" Pepperoni Pizza, Pan Crust   | 113.0     | 1.0 slice  | 0.237                         |
| 10208  | Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised  | 80.0      | 1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g) | 0.237                         |
| 11559  | Tomato products, canned, sauce, with tomato tidbits  | 244.0     | 1.0 cup  | 0.237                         |
| 11988  | Fungi, Cloud ears, dried   | 28.0      | 1.0 cup  | 0.236                         |
| 05003  | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour                                | 85.0      | 3.0 oz   | 0.236                         |
| 23154  | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw                   | 85.0      | 3.0 oz   | 0.236                         |
| 23151  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw                    | 85.0      | 3.0 oz   | 0.236                         |
| 23132  | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised               | 85.0      | 3.0 oz   | 0.236                         |
| 10054  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled                                 | 85.0      | 3.0 oz   | 0.236                         |
| 23177  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw                          | 85.0      | 3.0 oz   | 0.236                         |
| 23349  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted           | 85.0      | 3.0 oz   | 0.236                         |
| 21303  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust  | 118.0     | 1.0 slice  | 0.236                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 03945  | Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA                                | 30.5      | 1.0 fl oz  | 0.236                         |
| 06253  | Soup, cream of potato, canned, prepared with equal volume milk  | 248.0     | 1.0 cup (8 fl oz)  | 0.236                         |
| 23160  | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted    | 85.0      | 3.0 oz   | 0.235                         |
| 13903  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw            | 85.0      | 3.0 oz   | 0.235                         |
| 10052  | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw                          | 85.0      | 3.0 oz   | 0.235                         |
| 10044  | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw                       | 133.0     | 1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)    | 0.235                         |
| 36615  | DENNY'S, top sirloin steak  | 107.0     | 1.0 steak  | 0.235                         |
| 05009  | Chicken, broilers or fryers, meat and skin, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced  | 0.235                         |
| 10046  | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled                     | 112.0     | 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g) | 0.235                         |
| 23083  | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised     | 85.0      | 3.0 oz   | 0.234                         |
| 23218  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw           | 85.0      | 3.0 oz   | 0.234                         |
| 23196  | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0      | 3.0 oz   | 0.234                         |
| 13231  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw                  | 85.0      | 3.0 oz   | 0.234                         |
| 21281  | DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust  | 123.0     | 1.0 slice  | 0.234                         |
| 23495  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw                 | 114.0     | 4.0 oz   | 0.234                         |
| 35009  | Whale, beluga, meat, dried (Alaska Native)  | 45.0      | 1.0 strip  | 0.234                         |
| 11852  | Salsify, cooked, boiled, drained, with salt   | 135.0     | 1.0 cup slices   | 0.234                         |
| 11438  | Salsify, cooked, boiled, drained, without salt  | 135.0     | 1.0 cup, sliced  | 0.234                         |
| 22529  | Beef Pot Pie, frozen entree, prepared   | 268.0     | 1.0 pie, cooked (average weight)   | 0.233                         |
| 36024  | CRACKER BARREL, chicken tenderloin platter, fried   | 175.0     | 1.0 serving  | 0.233                         |
| 06248  | Soup, oyster stew, canned, prepared with equal volume milk  | 245.0     | 1.0 cup (8 fl oz)  | 0.233                         |
| 36018  | APPLEBEE'S, fish, hand battered   | 250.0     | 1.0 serving  | 0.232                         |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain  | 28.35     | 1.0 oz   | 0.232                         |
| 20076  | Wheat, durum  | 192.0     | 1.0 cup  | 0.232                         |
| 21495  | DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust  | 129.0     | 1.0 slice  | 0.232                         |
| 10983  | Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted                           | 85.0      | 3.0 oz   | 0.232                         |
| 01226  | Egg substitute, liquid or frozen, fat free  | 60.0      | 0.25 cup   | 0.232                         |
| 10094  | Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw                                  | 114.0     | 4.0 oz   | 0.231                         |
| 23485  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw             | 114.0     | 4.0 oz   | 0.231                         |
| 10077  | Pork, fresh, shoulder, arm picnic, separable lean only, raw   | 85.0      | 3.0 oz   | 0.231                         |
| 21293  | PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust   | 105.0     | 1.0 slice  | 0.231                         |
| 05284  | Turkey, canned, meat only, with broth   | 135.0     | 1.0 cup, drained   | 0.231                         |
| 05336  | USDA Commodity Chicken, canned, meat only, drained  | 135.0     | 1.0 cup drained  | 0.231                         |
| 09293  | Plums, dried (prunes), stewed, with added sugar   | 248.0     | 1.0 cup, pitted  | 0.231                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 23153  | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw               | 85.0      | 3.0 oz                    | 0.230                         |
| 23131  | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised           | 85.0      | 3.0 oz                    | 0.230                         |
| 10057  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised                                    | 85.0      | 3.0 oz                    | 0.230                         |
| 10207  | Pork, fresh, loin, country-style ribs, separable lean only, raw  | 85.0      | 3.0 oz                    | 0.230                         |
| 23175  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw                      | 85.0      | 3.0 oz                    | 0.230                         |
| 21300  | Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust   | 115.0     | 1.0 slice                 | 0.230                         |
| 16510  | WORTHINGTON Chili, canned, unprepared  | 230.0     | 1.0 cup                   | 0.230                         |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                     | 85.0      | 3.0 oz                    | 0.230                         |
| 17045  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                  | 85.0      | 3.0 oz                    | 0.230                         |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted   | 85.0      | 3.0 oz                    | 0.230                         |
| 17248  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled                          | 85.0      | 3.0 oz                    | 0.230                         |
| 17157  | Game meat, bison, separable lean only, cooked, roasted   | 85.0      | 3.0 oz                    | 0.230                         |
| 17050  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                     | 85.0      | 3.0 oz                    | 0.230                         |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0      | 3.0 oz                    | 0.230                         |
| 13928  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted                         | 85.0      | 3.0 oz                    | 0.230                         |
| 17233  | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                | 85.0      | 3.0 oz                    | 0.230                         |
| 17143  | Veal, ground, cooked, broiled  | 85.0      | 3.0 oz                    | 0.230                         |
| 17028  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                              | 85.0      | 3.0 oz                    | 0.230                         |
| 13922  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                        | 85.0      | 3.0 oz                    | 0.230                         |
| 13236  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled           | 85.0      | 3.0 oz                    | 0.230                         |
| 17016  | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                | 85.0      | 3.0 oz                    | 0.230                         |
| 11514  | Sweet potato, canned, mashed   | 255.0     | 1.0 cup                   | 0.229                         |
| 01037  | Cheese, ricotta, part skim milk  | 124.0     | 0.5 cup                   | 0.229                         |
| 17358  | Lamb, New Zealand, imported, brains, raw   | 113.0     | 4.0 oz                    | 0.229                         |
| 01132  | Egg, whole, cooked, scrambled  | 61.0      | 1.0 large                 | 0.229                         |
| 23497  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw                       | 114.0     | 4.0 oz                    | 0.229                         |
| 23150  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw                | 85.0      | 3.0 oz                    | 0.229                         |
| 05144  | Duck, wild, meat and skin, raw   | 85.0      | 3.0 oz                    | 0.229                         |
| 13361  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked                | 85.0      | 3.0 oz                    | 0.229                         |
| 10990  | Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted                                 | 85.0      | 3.0 oz                    | 0.229                         |
| 23287  | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted      | 85.0      | 3.0 oz                    | 0.229                         |
| 01123  | Egg, whole, raw, fresh   | 50.0      | 1.0 large                 | 0.228                         |
| 05014  | Chicken, broilers or fryers, meat only, stewed   | 140.0     | 1.0 cup, chopped or diced | 0.228                         |
| 20011  | Buckwheat flour, whole-groat   | 120.0     | 1.0 cup                   | 0.228                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 20005  | Barley, pearled, raw   | 200.0     | 1.0 cup  | 0.228                         |
| 23038  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0      | 1.0 serving (3 oz)                               | 0.228                         |
| 05742  | Turkey, retail parts, thigh, meat and skin, raw  | 85.0      | 3.0 oz   | 0.228                         |
| 13363  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked                              | 85.0      | 3.0 oz   | 0.228                         |
| 10199  | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw  | 85.0      | 3.0 oz   | 0.228                         |
| 17327  | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled               | 85.0      | 3.0 oz   | 0.228                         |
| 01128  | Egg, whole, cooked, fried  | 46.0      | 1.0 large  | 0.228                         |
| 17422  | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw                               | 113.0     | 4.0 oz   | 0.227                         |
| 17381  | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw                                  | 113.0     | 4.0 oz   | 0.227                         |
| 21228  | McDONALD'S, Hamburger  | 95.0      | 1.0 sandwich                                     | 0.227                         |
| 05020  | Chicken, broilers or fryers, giblets, raw  | 23.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.227                         |
| 17319  | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked        | 85.0      | 3.0 oz   | 0.227                         |
| 10024  | Pork, fresh, loin, whole, separable lean only, raw   | 85.0      | 3.0 oz   | 0.227                         |
| 23288  | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                    | 85.0      | 3.0 oz   | 0.227                         |
| 10025  | Pork, fresh, loin, whole, separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.227                         |
| 23283  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw                          | 85.0      | 3.0 oz   | 0.227                         |
| 23271  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw  | 85.0      | 3.0 oz   | 0.227                         |
| 21438  | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading  | 212.0     | 1.0 breast, with skin                            | 0.227                         |
| 21377  | McDONALD'S Bacon Ranch Salad with Crispy Chicken   | 319.0     | 1.0 item 11.3 oz                                 | 0.226                         |
| 05145  | Duck, wild, breast, meat only, raw   | 73.0      | 1.0 unit (yield from 1 lb ready-to-cook duck)    | 0.226                         |
| 10215  | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.226                         |
| 35015  | Blackberries, wild, raw (Alaska Native)  | 157.0     | 1.0 cup  | 0.226                         |
| 21280  | DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust  | 113.0     | 1.0 slice  | 0.226                         |
| 01053  | Cream, fluid, heavy whipping   | 120.0     | 1.0 cup, whipped                                 | 0.226                         |
| 11372  | Potatoes, scalloped, home-prepared with butter   | 245.0     | 1.0 cup  | 0.225                         |
| 20523  | Spaghetti, protein-fortified, cooked, enriched (n x 6.25)  | 140.0     | 1.0 cup  | 0.225                         |
| 11844  | Potatoes, scalloped, home-prepared with margarine  | 245.0     | 1.0 cup  | 0.225                         |
| 10211  | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz   | 0.225                         |
| 23198  | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted                | 85.0      | 3.0 oz   | 0.225                         |
| 23082  | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                            | 85.0      | 3.0 oz   | 0.225                         |
| 18965  | Crackers, cheese, reduced fat  | 30.0      | 1.0 serving                                      | 0.225                         |
| 21003  | Fast foods, biscuit, with egg and bacon  | 150.0     | 1.0 biscuit                                      | 0.225                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 21250  | BURGER KING, Hamburger  | 99.0      | 1.0 sandwich                                    | 0.225                         |
| 35143  | Tortilla, includes plain and from mutton sandwich (Navajo)  | 197.0     | 1.0 serving                                     | 0.225                         |
| 10053  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised                                  | 85.0      | 3.0 oz  | 0.224                         |
| 17148  | Bison, ground, grass-fed, cooked  | 85.0      | 3.0 oz  | 0.224                         |
| 13940  | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted                              | 85.0      | 3.0 oz  | 0.224                         |
| 12005  | Seeds, breadnut tree seeds, dried   | 160.0     | 1.0 cup   | 0.224                         |
| 11982  | Peppers, pasilla, dried   | 7.0       | 1.0 pepper                                      | 0.224                         |
| 36038  | Restaurant, family style, spaghetti and meatballs   | 134.0     | 1.0 cup   | 0.224                         |
| 11046  | Beans, navy, mature seeds, sprouted, raw  | 104.0     | 1.0 cup   | 0.224                         |
| 13982  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised                | 85.0      | 3.0 oz  | 0.224                         |
| 13232  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled                | 85.0      | 3.0 oz  | 0.224                         |
| 17323  | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised        | 85.0      | 3.0 oz  | 0.224                         |
| 23279  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled     | 85.0      | 3.0 oz  | 0.224                         |
| 11045  | Mung beans, mature seeds, sprouted, cooked, stir-fried  | 124.0     | 1.0 cup   | 0.223                         |
| 01227  | Cheese, dry white, queso seco   | 97.0      | 1.0 cup grated                                  | 0.223                         |
| 21432  | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed   | 91.0      | 1.0 thigh, without skin                         | 0.223                         |
| 19189  | Puddings, chocolate, dry mix, regular, prepared with whole milk   | 142.0     | 0.5 cup   | 0.223                         |
| 17287  | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised            | 85.0      | 3.0 oz  | 0.223                         |
| 05666  | Ground turkey, 93% lean, 7% fat, pan-broiled crumbles   | 85.0      | 3.0 oz  | 0.223                         |
| 05334  | Chicken, broiler, rotisserie, BBQ, thigh, meat only   | 95.0      | 1.0 thigh                                       | 0.222                         |
| 23482  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw                    | 114.0     | 4.0 oz  | 0.222                         |
| 23490  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw                         | 114.0     | 4.0 oz  | 0.222                         |
| 21601  | School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked   | 124.0     | 1.0 slice per 1/10 pizza                        | 0.222                         |
| 16136  | Winged beans, mature seeds, cooked, boiled, without salt  | 172.0     | 1.0 cup   | 0.222                         |
| 16436  | Winged beans, mature seeds, cooked, boiled, with salt   | 172.0     | 1.0 cup   | 0.222                         |
| 10875  | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil                          | 85.0      | 1.0 serving (3 oz)                              | 0.222                         |
| 13362  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked                     | 85.0      | 3.0 oz  | 0.222                         |
| 05193  | Turkey, all classes, leg, meat and skin, raw  | 105.0     | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.222                         |
| 21333  | McDONALD'S, Vanilla Reduced Fat Ice Cream Cone  | 90.0      | 1.0 item (3.2 oz)                               | 0.221                         |
| 05744  | Turkey, back, from whole bird, meat and skin, with added solution, raw  | 114.0     | 4.0 oz  | 0.221                         |
| 13319  | Beef, variety meats and by-products, brain, cooked, pan-fried   | 85.0      | 3.0 oz  | 0.221                         |
| 13888  | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted                   | 85.0      | 3.0 oz  | 0.221                         |
| 23278  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0      | 3.0 oz  | 0.221                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 17244  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0      | 3.0 oz                    | 0.221                         |
| 17042  | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted    | 85.0      | 3.0 oz                    | 0.221                         |
| 23179  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw                           | 85.0      | 3.0 oz                    | 0.221                         |
| 13927  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled                          | 85.0      | 3.0 oz                    | 0.221                         |
| 05669  | Ground turkey, 85% lean, 15% fat, pan-broiled crumbles  | 85.0      | 3.0 oz                    | 0.221                         |
| 13902  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled                    | 85.0      | 3.0 oz                    | 0.221                         |
| 17037  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0      | 3.0 oz                    | 0.221                         |
| 23155  | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw                    | 85.0      | 3.0 oz                    | 0.221                         |
| 13925  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted                         | 85.0      | 3.0 oz                    | 0.221                         |
| 17057  | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                    | 85.0      | 3.0 oz                    | 0.221                         |
| 17227  | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked         | 85.0      | 3.0 oz                    | 0.221                         |
| 23133  | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                | 85.0      | 3.0 oz                    | 0.221                         |
| 13465  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled            | 85.0      | 3.0 oz                    | 0.221                         |
| 13919  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted                     | 85.0      | 3.0 oz                    | 0.221                         |
| 13884  | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted               | 85.0      | 3.0 oz                    | 0.221                         |
| 13519  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                     | 85.0      | 3.0 oz                    | 0.221                         |
| 17237  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                            | 85.0      | 3.0 oz                    | 0.221                         |
| 13897  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried                        | 85.0      | 3.0 oz                    | 0.221                         |
| 20072  | Wheat, hard red winter  | 192.0     | 1.0 cup                   | 0.221                         |
| 21242  | WENDY'S, Jr. Hamburger, with cheese   | 129.0     | 1.0 item                  | 0.221                         |
| 21484  | Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust   | 116.0     | 1.0 slice                 | 0.220                         |
| 16094  | Peanuts, valencia, oil-roasted, with salt   | 144.0     | 1.0 cup                   | 0.220                         |
| 16394  | Peanuts, valencia, oil-roasted, without salt  | 144.0     | 1.0 cup                   | 0.220                         |
| 43218  | Cereals ready-to-eat, ALPEN   | 55.0      | 0.67 cup (1 NLEA serving) | 0.220                         |
| 17082  | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw   | 115.0     | 1.0 serving               | 0.220                         |
| 10118  | Pork, fresh, variety meats and by-products, spleen, cooked, braised   | 85.0      | 3.0 oz                    | 0.219                         |
| 10200  | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised                                 | 85.0      | 3.0 oz                    | 0.219                         |
| 23043  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw                  | 85.0      | 3.0 oz                    | 0.219                         |
| 05313  | Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)  | 74.0      | 1.0 serving               | 0.219                         |
| 23494  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw                        | 114.0     | 4.0 oz                    | 0.219                         |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk  | 128.0     | 0.5 cup                   | 0.219                         |
| 07057  | Pepperoni, beef and pork, sliced  | 85.0      | 3.0 oz                    | 0.218                         |

| NDB_No | Description  | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------|-------------------------------|
| 05707  | Turkey, whole, meat and skin, with added solution, roasted   | 85.0      | 3.0 oz                   | 0.218                         |
| 13464  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw                 | 85.0      | 3.0 oz                   | 0.218                         |
| 13980  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised             | 85.0      | 3.0 oz                   | 0.218                         |
| 07024  | Frankfurter, chicken   | 85.0      | 3.0 oz                   | 0.218                         |
| 06170  | Soup, stock, beef, home-prepared   | 240.0     | 1.0 cup                  | 0.218                         |
| 06142  | Sauce, sofrito, prepared from recipe   | 103.0     | 0.5 cup                  | 0.218                         |
| 36016  | Restaurant, family style, shrimp, breaded and fried  | 169.0     | 1.0 serving              | 0.218                         |
| 09289  | Prunes, dehydrated (low-moisture), uncooked  | 132.0     | 1.0 cup                  | 0.218                         |
| 20310  | Noodles, egg, cooked, enriched, with added salt  | 160.0     | 1.0 cup                  | 0.218                         |
| 15001  | Fish, anchovy, european, raw   | 85.0      | 3.0 oz                   | 0.218                         |
| 13863  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw           | 85.0      | 3.0 oz                   | 0.218                         |
| 23097  | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised      | 85.0      | 3.0 oz                   | 0.218                         |
| 23531  | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted                    | 85.0      | 3.0 oz                   | 0.218                         |
| 20110  | Noodles, egg, enriched, cooked   | 160.0     | 1.0 cup                  | 0.218                         |
| 10984  | Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled                     | 85.0      | 3.0 oz                   | 0.218                         |
| 10214  | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw                               | 85.0      | 3.0 oz                   | 0.218                         |
| 12131  | Nuts, macadamia nuts, raw  | 134.0     | 1.0 cup, whole or halves | 0.217                         |
| 36033  | Restaurant, family style, fish fillet, battered or breaded, fried  | 226.0     | 1.0 serving              | 0.217                         |
| 20038  | Oats   | 156.0     | 1.0 cup                  | 0.217                         |
| 13469  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled         | 85.0      | 3.0 oz                   | 0.217                         |
| 05187  | Turkey from whole, dark meat, meat only, raw   | 85.0      | 1.0 serving              | 0.217                         |
| 05294  | Turkey thigh, pre-basted, meat and skin, cooked, roasted   | 85.0      | 3.0 oz                   | 0.217                         |
| 05740  | Turkey, thigh, from whole bird, meat only, raw   | 85.0      | 3.0 oz                   | 0.217                         |
| 23152  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw              | 85.0      | 3.0 oz                   | 0.217                         |
| 08157  | Cereals ready-to-eat, wheat, puffed, fortified   | 12.0      | 1.0 cup                  | 0.216                         |
| 11204  | Cress, garden, cooked, boiled, drained, without salt   | 135.0     | 1.0 cup                  | 0.216                         |
| 11781  | Cress, garden, cooked, boiled, drained, with salt  | 135.0     | 1.0 cup                  | 0.216                         |
| 43125  | Beans, liquid from stewed kidney beans   | 240.0     | 1.0 cup                  | 0.216                         |
| 06980  | Soup, beef stroganoff, canned, chunky style, ready-to-serve  | 240.0     | 1.0 cup                  | 0.216                         |
| 13479  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0      | 3.0 oz                   | 0.216                         |
| 10021  | Pork, fresh, loin, whole, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz                   | 0.216                         |
| 23098  | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised  | 85.0      | 3.0 oz                   | 0.216                         |
| 23517  | Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised                 | 85.0      | 3.0 oz                   | 0.216                         |
| 23445  | Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw                                | 113.0     | 4.0 oz                   | 0.216                         |
| 05361  | Chicken, broiler, rotisserie, BBQ, thigh meat and skin   | 95.0      | 1.0 thigh                | 0.216                         |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 23039  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw | 85.0      | 3.0 oz  | 0.215                         |
| 17331  | Game meat, bison, ground, cooked, pan-broiled  | 87.0      | 1.0 patty ( yield from 112.7 g raw meat )                       | 0.215                         |
| 01076  | Milk substitutes, fluid, with lauric acid oil  | 244.0     | 1.0 cup   | 0.215                         |
| 23096  | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised          | 85.0      | 3.0 oz  | 0.214                         |
| 23199  | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted        | 85.0      | 3.0 oz  | 0.214                         |
| 10210  | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw                                | 85.0      | 3.0 oz  | 0.214                         |
| 23514  | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted                       | 85.0      | 3.0 oz ( 1 serving )  | 0.214                         |
| 11223  | Drumstick leaves, cooked, boiled, drained, without salt  | 42.0      | 1.0 cup, chopped  | 0.214                         |
| 11786  | Drumstick leaves, cooked, boiled, drained, with salt   | 42.0      | 1.0 cup, chopped  | 0.214                         |
| 05121  | Chicken, stewing, meat and skin, and giblets and neck, raw   | 85.0      | 3.0 oz  | 0.213                         |
| 10088  | Pork, fresh, spareribs, separable lean and fat, raw  | 85.0      | 3.0 oz  | 0.213                         |
| 10938  | Pork, cured, ham, slice, bone-in, separable lean only, unheated  | 85.0      | 1.0 serving (3 oz)  | 0.213                         |
| 15117  | Fish, tuna, fresh, bluefin, raw  | 85.0      | 3.0 oz  | 0.213                         |
| 10892  | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated                                | 85.0      | 3.0 oz  | 0.213                         |
| 23249  | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled                  | 135.0     | 1.0 fillet  | 0.213                         |
| 05069  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted   | 105.0     | 1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken) | 0.213                         |
| 05073  | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted                                      | 96.0      | 1.0 drumstick without skin                                      | 0.213                         |
| 11563  | Tree fern, cooked, without salt  | 71.0      | 0.5 cup, chopped  | 0.213                         |
| 21020  | Fast foods, english muffin, with cheese and sausage  | 108.0     | 1.0 item  | 0.213                         |
| 13432  | Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised                         | 85.0      | 3.0 oz  | 0.212                         |
| 14654  | Beverages, nutritional shake mix, high protein, powder   | 10.0      | 1.0 tbsp  | 0.212                         |
| 17247  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                | 85.0      | 3.0 oz  | 0.212                         |
| 17058  | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                 | 85.0      | 3.0 oz  | 0.212                         |
| 13466  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled           | 85.0      | 3.0 oz  | 0.212                         |
| 17225  | Lamb, ground, cooked, broiled  | 85.0      | 3.0 oz  | 0.212                         |
| 13520  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                      | 85.0      | 3.0 oz  | 0.212                         |
| 13484  | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                    | 85.0      | 3.0 oz  | 0.212                         |
| 23090  | Beef, chuck for stew, separable lean and fat, all grades, cooked, braised  | 85.0      | 3.0 oz  | 0.212                         |
| 13481  | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                    | 85.0      | 3.0 oz  | 0.212                         |
| 13436  | Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised                            | 85.0      | 3.0 oz  | 0.212                         |
| 17046  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                | 85.0      | 3.0 oz  | 0.212                         |
| 13428  | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                     | 85.0      | 3.0 oz  | 0.212                         |
| 13470  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled               | 85.0      | 3.0 oz  | 0.212                         |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                         | 85.0      | 3.0 oz  | 0.212                         |

| NDB_No | Description  | Weight(g) | Measure                           | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-----------------------------------|-------------------------------|
| 13820  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised                               | 85.0      | 3.0 oz                            | 0.212                         |
| 13467  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                         | 85.0      | 3.0 oz                            | 0.212                         |
| 13886  | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                          | 85.0      | 3.0 oz                            | 0.212                         |
| 17053  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                        | 85.0      | 3.0 oz                            | 0.212                         |
| 17002  | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked                | 85.0      | 3.0 oz                            | 0.212                         |
| 17252  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                        | 85.0      | 3.0 oz                            | 0.212                         |
| 13438  | Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised                                      | 85.0      | 3.0 oz                            | 0.212                         |
| 13354  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0      | 3.0 oz                            | 0.212                         |
| 17249  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted                                  | 85.0      | 3.0 oz                            | 0.212                         |
| 13430  | Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                                   | 85.0      | 3.0 oz                            | 0.212                         |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                          | 85.0      | 3.0 oz                            | 0.212                         |
| 23359  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw                                  | 85.0      | 3.0 oz                            | 0.212                         |
| 17161  | Game meat, buffalo, water, cooked, roasted   | 85.0      | 3.0 oz                            | 0.212                         |
| 23356  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw                                  | 85.0      | 3.0 oz                            | 0.212                         |
| 21278  | DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust  | 118.0     | 1.0 slice                         | 0.212                         |
| 07006  | Bockwurst, pork, veal, raw   | 91.0      | 1.0 sausage                       | 0.212                         |
| 11508  | Sweet potato, cooked, baked in skin, flesh, without salt   | 200.0     | 1.0 cup                           | 0.212                         |
| 23326  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                               | 85.0      | 3.0 oz                            | 0.212                         |
| 23183  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw   | 85.0      | 3.0 oz                            | 0.212                         |
| 18939  | Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)  | 51.0      | 1.0 pastry                        | 0.212                         |
| 06982  | Soup, ramen noodle, beef flavor, dry   | 82.0      | 1.0 package without flavor packet | 0.212                         |
| 20071  | Wheat, hard red spring   | 192.0     | 1.0 cup                           | 0.211                         |
| 01228  | Cheese, fresh, queso fresco  | 122.0     | 1.0 cup, crumbled                 | 0.211                         |
| 35203  | Rose Hips, wild (Northern Plains Indians)  | 127.0     | 1.0 cup                           | 0.211                         |
| 17380  | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted               | 85.0      | 3.0 oz                            | 0.211                         |
| 23329  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw                               | 85.0      | 3.0 oz                            | 0.211                         |
| 23231  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw                               | 85.0      | 3.0 oz                            | 0.211                         |
| 05002  | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter                                       | 85.0      | 3.0 oz                            | 0.211                         |
| 13383  | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                | 85.0      | 3.0 oz                            | 0.211                         |
| 10020  | Pork, fresh, loin, whole, separable lean and fat, raw  | 85.0      | 3.0 oz                            | 0.211                         |
| 21306  | Fast foods, griddle cake sandwich, sausage   | 135.0     | 1.0 item                          | 0.211                         |
| 21328  | McDONALD'S, Sausage McGRIDDLES   | 135.0     | 1.0 item                          | 0.211                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 11191  | Cowpeas (blackeyes), immature seeds, raw   | 145.0     | 1.0 cup  | 0.210                         |
| 14538  | Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A          | 15.0      | 1.0 envelope Swiss Miss (.53 oz)                 | 0.210                         |
| 23515  | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted                                   | 85.0      | 3.0 oz   | 0.210                         |
| 23042  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled                 | 85.0      | 1.0 serving (3 oz)                               | 0.210                         |
| 05726  | Turkey, thigh, from whole bird, meat only, with added solution, raw  | 85.0      | 3.0 oz   | 0.210                         |
| 13285  | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised                | 85.0      | 3.0 oz   | 0.210                         |
| 10925  | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil                                  | 85.0      | 1.0 serving (3 oz)                               | 0.210                         |
| 10194  | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw   | 85.0      | 3.0 oz   | 0.210                         |
| 13351  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz   | 0.210                         |
| 05076  | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter   | 95.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.210                         |
| 18935  | Waffle, plain, frozen, ready-to-heat, microwave  | 32.0      | 1.0 waffle, round (4" dia)                       | 0.210                         |
| 09062  | Cherimoya, raw   | 160.0     | 1.0 cup, pieces                                  | 0.210                         |
| 23266  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                            | 85.0      | 3.0 oz   | 0.209                         |
| 10891  | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated  | 85.0      | 3.0 oz   | 0.209                         |
| 17149  | Bison, ground, grass-fed, raw  | 85.0      | 1.0 patty (cooked from 4 oz raw)                 | 0.209                         |
| 23107  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled  | 85.0      | 3.0 oz   | 0.209                         |
| 10074  | Pork, fresh, shoulder, arm picnic, separable lean and fat, raw   | 85.0      | 3.0 oz   | 0.209                         |
| 15086  | Fish, salmon, sockeye, cooked, dry heat  | 85.0      | 3.0 oz   | 0.209                         |
| 05037  | Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted   | 101.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.209                         |
| 21224  | Pizza, cheese topping, regular crust, frozen, cooked   | 81.0      | 1.0 serving 9 servings per 24 oz package         | 0.209                         |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk   | 142.0     | 0.5 cup From 19211                               | 0.209                         |
| 21299  | Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust   | 107.0     | 1.0 slice  | 0.209                         |
| 19207  | Puddings, vanilla, dry mix, regular, prepared with whole milk  | 140.0     | 0.5 cup  | 0.209                         |
| 13384  | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                    | 85.0      | 3.0 oz   | 0.208                         |
| 13889  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                                 | 85.0      | 3.0 oz   | 0.208                         |
| 05146  | Goose, domesticated, meat and skin, raw  | 85.0      | 3.0 oz   | 0.208                         |
| 23127  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                            | 85.0      | 3.0 oz   | 0.208                         |
| 06030  | Soup, clam chowder, new england, canned, condensed   | 126.0     | 0.5 cup  | 0.208                         |
| 05156  | Pheasant, leg, meat only, raw  | 99.0      | 1.0 unit (yield from 1 lb ready-to-eat pheasant) | 0.208                         |
| 23230  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw                               | 85.0      | 3.0 oz   | 0.207                         |
| 13937  | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted   | 85.0      | 3.0 oz   | 0.207                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 23202  | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw                               | 85.0      | 3.0 oz   | 0.207                         |
| 15158  | Mollusks, clam, mixed species, cooked, breaded and fried  | 85.0      | 3.0 oz   | 0.207                         |
| 23193  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw                                | 85.0      | 3.0 oz   | 0.207                         |
| 15227  | Crustaceans, crab, queen, cooked, moist heat  | 85.0      | 3.0 oz   | 0.207                         |
| 05345  | Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning   | 89.0      | 1.0 thigh  | 0.207                         |
| 15089  | Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone  | 89.0      | 1.0 cup  | 0.207                         |
| 20074  | Wheat, hard white   | 192.0     | 1.0 cup  | 0.207                         |
| 19185  | Puddings, chocolate, dry mix, instant, prepared with whole milk   | 147.0     | 0.5 cup  | 0.207                         |
| 19165  | Cocoa, dry powder, unsweetened  | 86.0      | 1.0 cup  | 0.207                         |
| 05010  | Chicken, broilers or fryers, meat and skin, cooked, stewed  | 140.0     | 1.0 cup, chopped or diced                        | 0.207                         |
| 08444  | Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry  | 28.0      | 1.0 packet (1 NLEA serving)                      | 0.207                         |
| 20033  | Oat bran, raw   | 94.0      | 1.0 cup  | 0.207                         |
| 19193  | Puddings, rice, ready-to-eat  | 113.0     | 1.0 serving 4 oz pudding cup                     | 0.207                         |
| 13352  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled        | 85.0      | 3.0 oz   | 0.207                         |
| 23105  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz   | 0.207                         |
| 06583  | Soup, ramen noodle, any flavor, dry   | 81.0      | 1.0 package without flavor packet                | 0.207                         |
| 05159  | Quail, breast, meat only, raw   | 85.0      | 3.0 oz   | 0.207                         |
| 09298  | Raisins, seedless   | 165.0     | 1.0 cup, packed                                  | 0.206                         |
| 05173  | Turkey, gizzard, all classes, raw   | 63.0      | 1.0 raw gizzard                                  | 0.206                         |
| 05114  | Chicken, roasting, meat only, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced                        | 0.206                         |
| 06983  | Soup, ramen noodle, chicken flavor, dry   | 81.0      | 1.0 package without flavor packet                | 0.206                         |
| 23052  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                 | 85.0      | 1.0 serving (3 oz)                               | 0.206                         |
| 23267  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled                                   | 85.0      | 3.0 oz   | 0.206                         |
| 23181  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw  | 85.0      | 3.0 oz   | 0.206                         |
| 10195  | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz   | 0.206                         |
| 23499  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw                                       | 114.0     | 4.0 oz   | 0.205                         |
| 28322  | Bagels, multigrain  | 81.0      | 1.0 piece bagel                                  | 0.205                         |
| 23051  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw                             | 85.0      | 3.0 oz   | 0.205                         |
| 17390  | Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.205                         |
| 13905  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                                       | 85.0      | 3.0 oz   | 0.205                         |
| 18968  | Bagels, wheat   | 98.0      | 1.0 bagel  | 0.205                         |
| 05115  | Chicken, roasting, giblets, raw   | 25.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.204                         |
| 19122  | Puddings, banana, dry mix, regular, prepared with 2% milk   | 142.0     | 0.5 cup From 19211                               | 0.204                         |

| NDB_No | Description   | Weight(g) | Measure              | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------|-------------------------------|
| 09085  | Currants, zante, dried  | 144.0     | 1.0 cup              | 0.204                         |
| 21475  | DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked  | 161.0     | 1.0 slice 1/4 of pie | 0.204                         |
| 19219  | Puddings, coconut cream, dry mix, regular, prepared with 2% milk  | 140.0     | 0.5 cup              | 0.204                         |
| 17162  | Game meat, caribou, raw   | 28.35     | 1.0 oz               | 0.204                         |
| 06630  | Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve   | 60.0      | 0.25 cup             | 0.204                         |
| 06172  | Soup, stock, chicken, home-prepared   | 240.0     | 1.0 cup              | 0.204                         |
| 23070  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                   | 85.0      | 3.0 oz               | 0.204                         |
| 13816  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                              | 85.0      | 3.0 oz               | 0.204                         |
| 17238  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                                      | 85.0      | 3.0 oz               | 0.204                         |
| 23383  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled                      | 85.0      | 3.0 oz               | 0.204                         |
| 13895  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                                    | 85.0      | 3.0 oz               | 0.204                         |
| 13892  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                                | 85.0      | 3.0 oz               | 0.204                         |
| 23106  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0      | 3.0 oz               | 0.204                         |
| 23071  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised               | 85.0      | 3.0 oz               | 0.204                         |
| 15094  | Fish, shad, american, raw   | 85.0      | 3.0 oz               | 0.204                         |
| 23260  | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted                 | 85.0      | 3.0 oz               | 0.204                         |
| 17245  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted           | 85.0      | 3.0 oz               | 0.204                         |
| 13899  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised                                    | 85.0      | 3.0 oz               | 0.204                         |
| 17060  | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised           | 85.0      | 3.0 oz               | 0.204                         |
| 17025  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                                      | 85.0      | 3.0 oz               | 0.204                         |
| 23069  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                   | 85.0      | 3.0 oz               | 0.204                         |
| 13818  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                                  | 85.0      | 3.0 oz               | 0.204                         |
| 17038  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted           | 85.0      | 3.0 oz               | 0.204                         |
| 17253  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                           | 85.0      | 3.0 oz               | 0.204                         |
| 17186  | Lamb, variety meats and by-products, brain, cooked, braised   | 85.0      | 3.0 oz               | 0.204                         |
| 23552  | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted                                 | 85.0      | 3.0 oz               | 0.204                         |
| 08641  | Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar  | 33.0      | 1.0 packet           | 0.204                         |
| 06483  | Soup, cream of chicken, dry, mix, prepared with water   | 261.0     | 1.0 cup 8 fl oz      | 0.204                         |
| 42074  | Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated                                    | 78.0      | 1.0 bar              | 0.204                         |
| 16144  | Lentils, pink or red, raw   | 192.0     | 1.0 cup              | 0.204                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 20137  | Quinoa, cooked   | 185.0     | 1.0 cup  | 0.204                         |
| 17383  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw                                       | 113.0     | 4.0 oz   | 0.203                         |
| 23201  | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw              | 85.0      | 3.0 oz   | 0.203                         |
| 23381  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled         | 85.0      | 3.0 oz   | 0.203                         |
| 23232  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw                         | 85.0      | 3.0 oz   | 0.203                         |
| 23353  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled          | 85.0      | 3.0 oz   | 0.203                         |
| 09314  | Sapote, mamey, raw   | 175.0     | 1.0 cup 1" pieces                                | 0.203                         |
| 05016  | Chicken, broilers or fryers, skin only, cooked, fried, batter  | 114.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.203                         |
| 19191  | Puddings, coconut cream, dry mix, instant, prepared with 2% milk   | 147.0     | 0.5 cup  | 0.203                         |
| 23247  | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled                  | 135.0     | 1.0 fillet                                       | 0.202                         |
| 21496  | PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust  | 92.0      | 1.0 slice  | 0.202                         |
| 18101  | Cake, chocolate, prepared from recipe without frosting   | 95.0      | 1.0 piece (1/12 of 9" dia)                       | 0.202                         |
| 23057  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz   | 0.202                         |
| 23382  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled             | 85.0      | 3.0 oz   | 0.202                         |
| 23351  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled      | 85.0      | 3.0 oz   | 0.202                         |
| 10873  | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted                              | 85.0      | 1.0 serving (3 oz)                               | 0.202                         |
| 08092  | Cereals, QUAKER, corn grits, instant, plain, dry   | 29.0      | 1.0 packet                                       | 0.202                         |
| 36036  | Restaurant, family style, onion rings  | 259.0     | 1.0 serving                                      | 0.202                         |
| 05672  | Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised  | 111.0     | 1.0 thigh without skin                           | 0.202                         |
| 11228  | Jew's ear, (pepeao), raw   | 99.0      | 1.0 cup slices                                   | 0.202                         |
| 32018  | Spanish rice mix, dry mix, unprepared  | 70.0      | 0.5 cup  | 0.202                         |
| 31036  | Potatoes, mashed, ready-to-eat   | 229.0     | 1.0 cup  | 0.202                         |
| 10069  | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted                                   | 85.0      | 3.0 oz   | 0.201                         |
| 10982  | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw   | 85.0      | 3.0 oz   | 0.201                         |
| 23352  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled          | 85.0      | 3.0 oz   | 0.201                         |
| 23290  | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw              | 85.0      | 3.0 oz   | 0.201                         |
| 11162  | Collards, cooked, boiled, drained, without salt  | 190.0     | 1.0 cup, chopped                                 | 0.201                         |
| 11768  | Collards, cooked, boiled, drained, with salt   | 190.0     | 1.0 cup, chopped                                 | 0.201                         |
| 19121  | Puddings, banana, dry mix, instant, prepared with 2% milk  | 147.0     | 0.5 cup From 19191                               | 0.201                         |
| 17397  | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw   | 113.0     | 4.0 oz   | 0.201                         |
| 36029  | DENNY'S, fish fillet, battered or breaded, fried   | 201.0     | 1.0 serving                                      | 0.201                         |
| 22118  | MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared  | 67.0      | 1.0 burger                                       | 0.201                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 16551  | MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared  | 67.0      | 1.0 burger                                       | 0.201                         |
| 06430  | Soup, clam chowder, new england, canned, prepared with equal volume water                                       | 248.0     | 1.0 serving 1 cup                                | 0.201                         |
| 23357  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw                 | 85.0      | 3.0 oz   | 0.201                         |
| 23354  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                 | 85.0      | 3.0 oz   | 0.201                         |
| 23192  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw        | 85.0      | 3.0 oz   | 0.201                         |
| 05043  | Chicken, broilers or fryers, dark meat, meat only, raw  | 109.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.201                         |
| 19325  | Puddings, coconut cream, dry mix, regular, prepared with whole milk   | 140.0     | 0.5 cup  | 0.200                         |
| 03964  | Babyfood, fortified cereal bar, fruit filling   | 19.0      | 1.0 bar  | 0.200                         |
| 11547  | Tomato products, canned, puree, without salt added  | 250.0     | 1.0 cup  | 0.200                         |
| 11888  | Tomato products, canned, puree, with salt added   | 250.0     | 1.0 cup  | 0.200                         |
| 19323  | Puddings, coconut cream, dry mix, instant, prepared with whole milk   | 147.0     | 0.5 cup  | 0.200                         |
| 23248  | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled               | 135.0     | 1.0 fillet                                       | 0.200                         |
| 05124  | Chicken, stewing, meat and skin, cooked, stewed   | 85.0      | 3.0 oz   | 0.200                         |
| 13946  | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled                 | 85.0      | 3.0 oz   | 0.200                         |
| 23393  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0      | 3.0 oz   | 0.200                         |
| 23324  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw              | 85.0      | 3.0 oz   | 0.200                         |
| 18403  | Waffles, plain, frozen, ready -to-heat, toasted   | 28.35     | 1.0 oz   | 0.200                         |
| 17074  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw                                  | 115.0     | 1.0 serving                                      | 0.199                         |
| 23291  | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw           | 85.0      | 3.0 oz   | 0.199                         |
| 13420  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted      | 85.0      | 3.0 oz   | 0.199                         |
| 13908  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled            | 85.0      | 3.0 oz   | 0.199                         |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled                        | 85.0      | 3.0 oz   | 0.199                         |
| 10189  | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled                   | 85.0      | 3.0 oz   | 0.199                         |
| 23327  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw              | 85.0      | 3.0 oz   | 0.199                         |
| 13906  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled       | 85.0      | 3.0 oz   | 0.199                         |
| 17371  | Lamb, New Zealand, imported, ground lamb, raw   | 113.0     | 4.0 oz   | 0.199                         |
| 08096  | Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry   | 28.0      | 1.0 packet (1 NLEA serving)                      | 0.199                         |
| 19331  | Puddings, lemon, dry mix, instant, prepared with whole milk   | 147.0     | 0.5 cup  | 0.198                         |
| 20124  | Pasta, whole-wheat, dry   | 91.0      | 1.0 cup spaghetti                                | 0.198                         |
| 36620  | Restaurant, Chinese, shrimp and vegetables  | 601.0     | 1.0 order  | 0.198                         |
| 13417  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   | 85.0      | 3.0 oz   | 0.198                         |
| 13477  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled         | 85.0      | 3.0 oz   | 0.198                         |
| 13418  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted  | 85.0      | 3.0 oz   | 0.198                         |
| 23213  | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw           | 85.0      | 3.0 oz   | 0.198                         |
| 20080  | Wheat flour, whole-grain  | 120.0     | 1.0 cup  | 0.198                         |

| NDB_No | Description   | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------------|-------------------------------|
| 21109  | Fast foods, hamburger; single, regular patty; with condiments and vegetables                                      | 110.0     | 1.0 item                     | 0.198                         |
| 12014  | Seeds, pumpkin and squash seed kernels, dried   | 129.0     | 1.0 cup                      | 0.197                         |
| 23536  | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                | 85.0      | 3.0 oz                       | 0.197                         |
| 23185  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw                                | 85.0      | 3.0 oz                       | 0.197                         |
| 23002  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled     | 85.0      | 3.0 oz                       | 0.197                         |
| 13963  | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                   | 85.0      | 3.0 oz                       | 0.197                         |
| 23521  | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled           | 85.0      | 3.0 oz                       | 0.197                         |
| 13415  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0      | 3.0 oz                       | 0.197                         |
| 23508  | USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw   | 85.0      | 1.0 serving                  | 0.197                         |
| 13965  | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled                           | 85.0      | 3.0 oz                       | 0.197                         |
| 05670  | Ground turkey, 85% lean, 15% fat, patties, broiled  | 85.0      | 3.0 oz                       | 0.197                         |
| 13419  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted        | 85.0      | 3.0 oz                       | 0.197                         |
| 05667  | Ground turkey, 93% lean, 7% fat, patties, broiled   | 85.0      | 3.0 oz                       | 0.197                         |
| 10065  | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted                           | 85.0      | 3.0 oz                       | 0.197                         |
| 25048  | Snacks, NUTRI-GRAIN FRUIT AND NUT BAR   | 32.0      | 1.0 bar                      | 0.197                         |
| 16091  | Peanuts, spanish, raw   | 146.0     | 1.0 cup                      | 0.197                         |
| 20112  | Noodles, egg, spinach, enriched, cooked   | 160.0     | 1.0 cup                      | 0.197                         |
| 12151  | Nuts, pistachio nuts, raw   | 123.0     | 1.0 cup                      | 0.197                         |
| 21091  | Fast foods, cheeseburger; single, regular patty, with condiments and vegetables                                   | 115.0     | 1.0 sandwich                 | 0.197                         |
| 20140  | Spelt, uncooked   | 174.0     | 1.0 cup                      | 0.197                         |
| 17399  | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted                       | 85.0      | 3.0 oz                       | 0.196                         |
| 13473  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled            | 85.0      | 3.0 oz                       | 0.196                         |
| 15198  | Fish, ling, cooked, dry heat  | 85.0      | 3.0 oz                       | 0.196                         |
| 13416  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted     | 85.0      | 3.0 oz                       | 0.196                         |
| 09319  | Strawberries, frozen, sweetened, whole  | 255.0     | 1.0 cup, thawed              | 0.196                         |
| 18041  | Bread, pita, white, enriched  | 60.0      | 1.0 pita, large (6-1/2" dia) | 0.196                         |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain  | 96.0      | 6.0 pieces                   | 0.196                         |
| 13372  | Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised                    | 85.0      | 3.0 oz                       | 0.196                         |
| 23509  | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled               | 85.0      | 3.0 oz                       | 0.196                         |
| 13474  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled           | 85.0      | 3.0 oz                       | 0.196                         |
| 17421  | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted | 85.0      | 3.0 oz                       | 0.196                         |
| 07972  | Meatballs, frozen, Italian style  | 85.0      | 3.0 oz                       | 0.196                         |
| 10902  | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated                            | 85.0      | 3.0 oz                       | 0.196                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 23511  | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                        | 85.0      | 3.0 oz   | 0.196                         |
| 23547  | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled             | 85.0      | 3.0 oz   | 0.196                         |
| 23528  | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted                        | 85.0      | 3.0 oz   | 0.196                         |
| 17040  | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.0      | 3.0 oz   | 0.196                         |
| 05682  | Chicken, dark meat, thigh, meat only, with added solution, raw   | 85.0      | 3.0 oz   | 0.196                         |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                             | 85.0      | 3.0 oz   | 0.196                         |
| 17449  | Lamb, Australian, imported, fresh, external fat, cooked  | 85.0      | 3.0 oz   | 0.196                         |
| 23037  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0      | 3.0 oz   | 0.196                         |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt   | 170.0     | 1.0 cup, chopped                                 | 0.196                         |
| 13468  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw                         | 85.0      | 3.0 oz   | 0.196                         |
| 17054  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted              | 85.0      | 3.0 oz   | 0.196                         |
| 17240  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                          | 85.0      | 3.0 oz   | 0.196                         |
| 13460  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled       | 85.0      | 3.0 oz   | 0.196                         |
| 13483  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled         | 85.0      | 3.0 oz   | 0.196                         |
| 11769  | Collards, frozen, chopped, cooked, boiled, drained, with salt  | 170.0     | 1.0 cup, chopped                                 | 0.196                         |
| 05119  | Chicken, roasting, dark meat, meat only, raw   | 113.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.195                         |
| 09037  | Avocados, raw, all commercial varieties  | 150.0     | 1.0 cup, cubes                                   | 0.195                         |
| 05038  | Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed  | 110.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.195                         |
| 23004  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled          | 85.0      | 3.0 oz   | 0.195                         |
| 13961  | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                    | 85.0      | 3.0 oz (1 serving)                               | 0.195                         |
| 23519  | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled            | 85.0      | 3.0 oz   | 0.195                         |
| 23523  | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled                         | 85.0      | 3.0 oz   | 0.195                         |
| 15041  | Fish, herring, Atlantic, pickled   | 140.0     | 1.0 cup  | 0.195                         |
| 17420  | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw                                    | 113.0     | 4.0 oz   | 0.194                         |
| 13967  | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled                            | 85.0      | 3.0 oz   | 0.194                         |
| 19088  | Ice creams, vanilla, light   | 76.0      | 1.0 serving 1/2 cup                              | 0.194                         |
| 13459  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled        | 85.0      | 3.0 oz   | 0.194                         |
| 22899  | Ravioli, cheese-filled, canned   | 242.0     | 1.0 cup  | 0.194                         |
| 01131  | Egg, whole, cooked, poached  | 50.0      | 1.0 large  | 0.194                         |
| 07089  | Sausage, Italian, pork, cooked   | 83.0      | 1.0 link, 4/lb                                   | 0.193                         |
| 07066  | Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)           | 128.0     | 1.0 cup  | 0.193                         |
| 19871  | Frozen novelties, No Sugar Added, FUDGSICLE pops   | 84.0      | 1.0 serving                                      | 0.193                         |

| NDB_No | Description  | Weight(g) | Measure                                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 14311  | Beverages, Malted drink mix, natural, powder, dairy based.   | 21.0      | 1.0 serving (3 heaping tsp or 1 envelope) | 0.193                         |
| 08221  | Cereals, QUAKER, Instant Grits, Butter flavor, dry   | 28.0      | 1.0 packet (1 NLEA serving)               | 0.193                         |
| 08449  | Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry                                      | 28.0      | 1.0 packet (1 NLEA serving)               | 0.193                         |
| 19203  | Puddings, vanilla, dry mix, instant, prepared with whole milk  | 142.0     | 0.5 cup                                   | 0.193                         |
| 05338  | USDA Commodity, Chicken, canned, meat only, with broth   | 135.0     | 1.0 cup drained                           | 0.193                         |
| 05310  | Chicken, cornish game hens, meat only, cooked, roasted   | 85.0      | 3.0 oz                                    | 0.193                         |
| 23118  | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0      | 3.0 oz                                    | 0.193                         |
| 05749  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled      | 85.0      | 3.0 oz                                    | 0.193                         |
| 23125  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised    | 85.0      | 3.0 oz                                    | 0.193                         |
| 23358  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw                  | 85.0      | 3.0 oz                                    | 0.193                         |
| 10989  | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw                       | 85.0      | 3.0 oz                                    | 0.193                         |
| 17330  | Game meat , bison, ground, raw   | 85.0      | 1.0 serving ( 3 oz )                      | 0.193                         |
| 23355  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                  | 85.0      | 3.0 oz                                    | 0.193                         |
| 23059  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw     | 85.0      | 3.0 oz                                    | 0.193                         |
| 23549  | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled               | 85.0      | 3.0 oz                                    | 0.193                         |
| 23442  | Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled                           | 85.0      | 3.0 oz                                    | 0.193                         |
| 09513  | Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD  | 227.0     | 1.0 cup                                   | 0.193                         |
| 23092  | Beef, chuck for stew, separable lean and fat, choice, cooked, braised  | 85.0      | 3.0 oz                                    | 0.193                         |
| 17146  | Game meat, bear, raw   | 28.35     | 1.0 oz                                    | 0.193                         |
| 13797  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw             | 114.0     | 4.0 oz                                    | 0.193                         |
| 11802  | New zealand spinach, cooked, boiled, drained, with salt  | 180.0     | 1.0 cup, chopped                          | 0.193                         |
| 11277  | New Zealand spinach, cooked, boiled, drained, without salt   | 180.0     | 1.0 cup, chopped                          | 0.193                         |
| 23001  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw            | 85.0      | 3.0 oz                                    | 0.192                         |
| 13463  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 85.0      | 3.0 oz ( 1serving )                       | 0.192                         |
| 18374  | Leavening agents, yeast, baker's, compressed   | 17.0      | 1.0 cake (0.6 oz)                         | 0.192                         |
| 17080  | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw                             | 115.0     | 1.0 serving                               | 0.192                         |
| 16548  | MORNINGSTAR FARMS Grillers Original, frozen, unprepared  | 64.0      | 1.0 burger                                | 0.192                         |
| 20094  | Pasta, fresh-refrigerated, plain, cooked   | 128.0     | 2.0 oz                                    | 0.192                         |
| 16529  | WORTHINGTON FriPats, frozen, unprepared  | 64.0      | 1.0 patty                                 | 0.192                         |
| 01157  | Cheese, goat, semisoft type  | 28.35     | 1.0 oz                                    | 0.192                         |
| 11304  | Peas, green, raw   | 145.0     | 1.0 cup                                   | 0.191                         |
| 16095  | Peanuts, virginia, raw   | 146.0     | 1.0 cup                                   | 0.191                         |
| 15205  | Fish, pollock, Atlantic, cooked, dry heat  | 85.0      | 3.0 oz                                    | 0.191                         |
| 23328  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw               | 85.0      | 3.0 oz                                    | 0.191                         |
| 23325  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw               | 85.0      | 3.0 oz                                    | 0.191                         |

| NDB_No | Description  | Weight(g) | Measure                     | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-----------------------------|-------------------------------|
| 10890  | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated                               | 85.0      | 3.0 oz                      | 0.191                         |
| 23048  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled      | 85.0      | 3.0 oz                      | 0.191                         |
| 23116  | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0      | 3.0 oz                      | 0.191                         |
| 13235  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw                   | 85.0      | 3.0 oz                      | 0.191                         |
| 23516  | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled              | 85.0      | 3.0 oz                      | 0.191                         |
| 10939  | Pork, cured, ham, slice, bone-in, separable lean and fat, unheated   | 85.0      | 1.0 serving (3 oz)          | 0.191                         |
| 13338  | Beef, variety meats and by-products, thymus, cooked, braised   | 85.0      | 3.0 oz                      | 0.191                         |
| 10889  | Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only                                | 85.0      | 3.0 oz                      | 0.191                         |
| 11845  | Pumpkin, cooked, boiled, drained, with salt  | 245.0     | 1.0 cup, mashed             | 0.191                         |
| 11423  | Pumpkin, cooked, boiled, drained, without salt   | 245.0     | 1.0 cup, mashed             | 0.191                         |
| 28287  | Bread, naan, whole wheat, commercially prepared, refrigerated  | 106.0     | 1.0 piece                   | 0.191                         |
| 36026  | CRACKER BARREL, onion rings, thick-cut   | 261.0     | 1.0 serving                 | 0.191                         |
| 21273  | PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust   | 69.0      | 1.0 slice                   | 0.190                         |
| 08450  | Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry   | 28.0      | 1.0 packet (1 NLEA serving) | 0.190                         |
| 23281  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw        | 85.0      | 3.0 oz                      | 0.190                         |
| 23525  | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled                       | 85.0      | 3.0 oz                      | 0.190                         |
| 23275  | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted         | 85.0      | 3.0 oz                      | 0.190                         |
| 05160  | Squab, (pigeon), meat and skin, raw  | 85.0      | 3.0 oz                      | 0.190                         |
| 05004  | Chicken, broilers or fryers, meat and skin and giblets and neck, roasted   | 85.0      | 3.0 oz                      | 0.190                         |
| 11810  | Peas, edible-podded, frozen, cooked, boiled, drained, with salt  | 160.0     | 1.0 cup                     | 0.190                         |
| 06125  | Gravy, turkey, canned, ready-to-serve  | 238.0     | 1.0 cup                     | 0.190                         |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt   | 160.0     | 1.0 cup                     | 0.190                         |
| 23194  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw             | 85.0      | 3.0 oz                      | 0.190                         |
| 21457  | POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading   | 76.0      | 1.0 drumstick, with skin    | 0.190                         |
| 07036  | Sausage, Italian, pork, raw  | 113.0     | 1.0 link, 4/lb              | 0.190                         |
| 25054  | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating   | 35.0      | 1.0 bar                     | 0.190                         |
| 03091  | Babyfood, vegetables, green beans, strained  | 240.0     | 1.0 cup                     | 0.190                         |
| 21295  | PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust   | 79.0      | 1.0 slice                   | 0.190                         |
| 05351  | Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning                        | 89.0      | 1.0 thigh                   | 0.190                         |
| 17403  | Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised                                 | 85.0      | 3.0 oz                      | 0.190                         |
| 10097  | Pork, fresh, variety meats and by-products, brain, cooked, braised   | 85.0      | 3.0 oz                      | 0.190                         |
| 23117  | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised     | 85.0      | 3.0 oz                      | 0.190                         |
| 11540  | Tomato juice, canned, with salt added  | 243.0     | 1.0 cup                     | 0.190                         |
| 11886  | Tomato juice, canned, without salt added   | 243.0     | 1.0 cup                     | 0.190                         |

| NDB_No | Description   | Weight(g) | Measure                     | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-----------------------------|-------------------------------|
| 36015  | Restaurant, family style, chicken fingers, from kid's menu  | 114.0     | 1.0 serving                 | 0.189                         |
| 10870  | Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil                           | 138.0     | 1.0 slice                   | 0.189                         |
| 11011  | Asparagus, raw  | 134.0     | 1.0 cup                     | 0.189                         |
| 23269  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                             | 85.0      | 3.0 oz                      | 0.189                         |
| 23554  | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled                | 85.0      | 3.0 oz                      | 0.189                         |
| 23282  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw                 | 85.0      | 3.0 oz                      | 0.189                         |
| 23006  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled              | 85.0      | 3.0 oz                      | 0.189                         |
| 05347  | Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning                              | 102.0     | 1.0 back                    | 0.189                         |
| 13377  | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised                           | 85.0      | 3.0 oz                      | 0.189                         |
| 17398  | Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried                                       | 85.0      | 3.0 oz                      | 0.189                         |
| 10923  | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted                          | 85.0      | 1.0 serving (3 oz)          | 0.189                         |
| 17086  | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw  | 115.0     | 1.0 serving                 | 0.189                         |
| 22982  | KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree  | 269.0     | 1.0 package                 | 0.188                         |
| 16103  | Refried beans, canned, traditional style (includes USDA commodity)  | 238.0     | 1.0 cup                     | 0.188                         |
| 16403  | Refried beans, canned, traditional, reduced sodium  | 238.0     | 1.0 cup                     | 0.188                         |
| 21286  | PAPA JOHN'S 14" Cheese Pizza, Thin Crust  | 87.0      | 1.0 slice                   | 0.188                         |
| 17386  | Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted                                   | 85.0      | 3.0 oz                      | 0.188                         |
| 05122  | Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed   | 85.0      | 3.0 oz                      | 0.188                         |
| 23126  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                 | 85.0      | 3.0 oz                      | 0.188                         |
| 23394  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled   | 85.0      | 3.0 oz                      | 0.188                         |
| 08094  | Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry  | 28.0      | 1.0 packet (1 NLEA serving) | 0.188                         |
| 06627  | Sauce, pesto, ready-to-serve, shelf stable  | 61.0      | 0.25 cup                    | 0.187                         |
| 13156  | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                              | 85.0      | 3.0 oz                      | 0.187                         |
| 23506  | USDA Commodity, beef patties with VPP, frozen, raw  | 85.0      | 1.0 serving                 | 0.187                         |
| 13388  | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted                  | 85.0      | 3.0 oz                      | 0.187                         |
| 22958  | Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)              | 340.0     | 1.0 bowl                    | 0.187                         |
| 17036  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.0      | 3.0 oz                      | 0.187                         |
| 13395  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled                    | 85.0      | 3.0 oz                      | 0.187                         |
| 13158  | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled                              | 85.0      | 3.0 oz                      | 0.187                         |
| 17030  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                             | 85.0      | 3.0 oz                      | 0.187                         |
| 13389  | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted                      | 85.0      | 3.0 oz                      | 0.187                         |
| 17056  | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                    | 85.0      | 3.0 oz                      | 0.187                         |
| 23371  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw                    | 85.0      | 3.0 oz                      | 0.187                         |
| 13396  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled                    | 85.0      | 3.0 oz                      | 0.187                         |

| NDB_No | Description   | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------------------|-------------------------------|
| 23384  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw                   | 85.0      | 3.0 oz                              | 0.187                         |
| 23088  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw                         | 85.0      | 3.0 oz                              | 0.187                         |
| 13390  | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted                      | 85.0      | 3.0 oz                              | 0.187                         |
| 13368  | Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised                             | 85.0      | 3.0 oz                              | 0.187                         |
| 17243  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0      | 3.0 oz                              | 0.187                         |
| 10220  | Pork, fresh, ground, cooked   | 85.0      | 3.0 oz                              | 0.187                         |
| 23076  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled                      | 85.0      | 3.0 oz                              | 0.187                         |
| 13795  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw                  | 114.0     | 4.0 oz                              | 0.187                         |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk  | 128.0     | 0.5 cup                             | 0.187                         |
| 19321  | Puddings, banana, dry mix, regular, prepared with whole milk  | 127.0     | 0.5 cup                             | 0.187                         |
| 01016  | Cheese, cottage, lowfat, 1% milkfat   | 113.0     | 4.0 oz                              | 0.186                         |
| 10921  | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil                        | 136.0     | 1.0 slice                           | 0.186                         |
| 23265  | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw                        | 85.0      | 3.0 oz                              | 0.186                         |
| 05134  | Chicken, capons, meat and skin and giblets and neck, cooked, roasted  | 85.0      | 3.0 oz                              | 0.186                         |
| 10050  | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled                                  | 85.0      | 3.0 oz                              | 0.186                         |
| 17357  | Lamb, New Zealand, imported, brains, cooked, soaked and fried   | 85.0      | 3.0 oz                              | 0.186                         |
| 23270  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                                 | 85.0      | 3.0 oz                              | 0.186                         |
| 15211  | Fish, salmon, chum, cooked, dry heat  | 85.0      | 3.0 oz                              | 0.186                         |
| 11316  | Peas, mature seeds, sprouted, raw   | 120.0     | 1.0 cup                             | 0.186                         |
| 08290  | Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes   | 31.0      | 0.75 cup (1 NLEA serving)           | 0.186                         |
| 07041  | Liver sausage, liverwurst, pork   | 18.0      | 1.0 slice (2-1/2" dia x 1/4" thick) | 0.185                         |
| 11709  | Asparagus, frozen, cooked, boiled, drained, with salt   | 180.0     | 1.0 cup                             | 0.185                         |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup                             | 0.185                         |
| 17391  | Lamb, New Zealand, imported, hind-shank, separable lean only, raw   | 113.0     | 4.0 oz                              | 0.185                         |
| 05035  | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter  | 85.0      | 3.0 oz                              | 0.185                         |
| 10885  | Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated  | 85.0      | 3.0 oz                              | 0.185                         |
| 10882  | Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil                         | 85.0      | 1.0 serving (3 oz)                  | 0.185                         |
| 13943  | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled                       | 85.0      | 3.0 oz ( 1 serving )                | 0.185                         |
| 07008  | Bologna, beef and pork  | 100.0     | 3.527 oz                            | 0.185                         |
| 21264  | TACO BELL, Bean Burrito   | 185.0     | 1.0 each burrito                    | 0.185                         |
| 21061  | Fast foods, burrito, with beans and cheese  | 185.0     | 1.0 each burrito                    | 0.185                         |
| 05337  | USDA Commodity, Chicken, canned, meat only, with water  | 135.0     | 1.0 cup drained                     | 0.185                         |
| 25053  | Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut   | 35.0      | 1.0 bar                             | 0.185                         |
| 07078  | Thuringer, cervelat, summer sausage, beef, pork   | 56.0      | 2.0 oz 1 serving                    | 0.185                         |
| 22918  | Burrito, bean and cheese, frozen  | 129.0     | 1.0 burrito                         | 0.184                         |

| NDB_No | Description  | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------|-------------------------------|
| 14450  | Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder                                   | 23.0      | 1.0 scoop powder             | 0.184                         |
| 23124  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw     | 85.0      | 3.0 oz                       | 0.184                         |
| 23089  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw    | 85.0      | 3.0 oz                       | 0.184                         |
| 13343  | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised            | 85.0      | 3.0 oz                       | 0.184                         |
| 23077  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 3.0 oz                       | 0.184                         |
| 13320  | Beef, variety meats and by-products, brain, cooked, simmered   | 85.0      | 3.0 oz                       | 0.184                         |
| 23087  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw        | 85.0      | 3.0 oz                       | 0.184                         |
| 10926  | Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil     | 85.0      | 1.0 serving (3 oz)           | 0.184                         |
| 22976  | Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees          | 159.0     | 1.0 cup                      | 0.184                         |
| 11871  | Succotash, (corn and limas), cooked, boiled, drained, with salt                                      | 192.0     | 1.0 cup                      | 0.184                         |
| 20067  | Sorghum grain  | 192.0     | 1.0 cup                      | 0.184                         |
| 11496  | Succotash, (corn and limas), cooked, boiled, drained, without salt                                   | 192.0     | 1.0 cup                      | 0.184                         |
| 01012  | Cheese, cottage, creamed, large or small curd  | 113.0     | 4.0 oz                       | 0.184                         |
| 32013  | Potsticker or wonton, pork and vegetable, frozen, unprepared   | 145.0     | 5.0 pieces 1 serving         | 0.184                         |
| 42279  | Babyfood, peas and brown rice  | 230.0     | 1.0 cup                      | 0.184                         |
| 09515  | Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS  | 230.0     | 1.0 cup                      | 0.184                         |
| 16517  | WORTHINGTON Prime Stakes, canned, unprepared   | 92.0      | 1.0 piece                    | 0.184                         |
| 21491  | PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust  | 80.0      | 1.0 slice                    | 0.184                         |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt  | 105.0     | 1.0 cup, chopped             | 0.184                         |
| 11782  | Dandelion greens, cooked, boiled, drained, with salt   | 105.0     | 1.0 cup, chopped             | 0.184                         |
| 21277  | DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust   | 108.0     | 1.0 slice                    | 0.184                         |
| 10883  | Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted          | 85.0      | 1.0 serving (3 oz)           | 0.184                         |
| 05083  | Chicken, broilers or fryers, leg, meat only, cooked, stewed  | 85.0      | 3.0 oz                       | 0.184                         |
| 05309  | Chicken, cornish game hens, meat only, raw   | 85.0      | 3.0 oz                       | 0.184                         |
| 36001  | APPLEBEE'S, Double Crunch Shrimp   | 206.0     | 1.0 serving                  | 0.183                         |
| 03245  | Babyfood, dessert, custard pudding, vanilla, strained  | 229.0     | 1.0 cup                      | 0.183                         |
| 05277  | Chicken, canned, meat only, with broth   | 142.0     | 1.0 can (5 oz)               | 0.183                         |
| 17389  | Lamb, New Zealand, imported, loin, boneless, separable lean only, raw                                | 113.0     | 4.0 oz                       | 0.183                         |
| 17410  | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw                             | 113.0     | 4.0 oz                       | 0.183                         |
| 19209  | Puddings, tapioca, dry mix, prepared with 2% milk  | 128.0     | 0.5 cup                      | 0.183                         |
| 05745  | Turkey, back, from whole bird, meat and skin, with added solution, roasted                           | 85.0      | 3.0 oz                       | 0.183                         |
| 10928  | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted       | 85.0      | 1.0 serving (3 oz)           | 0.183                         |
| 13649  | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw     | 85.0      | 3.0 oz                       | 0.183                         |
| 23123  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw     | 85.0      | 3.0 oz                       | 0.183                         |
| 13478  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw   | 85.0      | 3.0 oz                       | 0.183                         |
| 08693  | Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry  | 73.0      | 1.0 package (1 NLEA serving) | 0.182                         |

| NDB_No | Description  | Weight(g) | Measure              | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------|-------------------------------|
| 21494  | DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust  | 114.0     | 1.0 slice            | 0.182                         |
| 09322  | Tamarinds, raw   | 120.0     | 1.0 cup, pulp        | 0.182                         |
| 16348  | Beans, yellow, mature seeds, cooked, boiled, with salt   | 177.0     | 1.0 cup              | 0.182                         |
| 16048  | Beans, yellow, mature seeds, cooked, boiled, without salt  | 177.0     | 1.0 cup              | 0.182                         |
| 07053  | Pate, chicken liver, canned  | 13.0      | 1.0 tbsp             | 0.182                         |
| 01192  | KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product  | 28.0      | 1.0 oz               | 0.182                         |
| 23262  | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw            | 85.0      | 3.0 oz               | 0.182                         |
| 23237  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw                                | 85.0      | 3.0 oz               | 0.182                         |
| 23122  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                 | 85.0      | 3.0 oz               | 0.182                         |
| 15178  | Mollusks, whelk, unspecified, cooked, moist heat   | 85.0      | 3.0 oz               | 0.182                         |
| 23390  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled   | 85.0      | 3.0 oz               | 0.182                         |
| 15264  | Salmon, sockeye, canned, drained solids, without skin and bones  | 85.0      | 3.0 oz               | 0.182                         |
| 13380  | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised     | 85.0      | 3.0 oz               | 0.182                         |
| 17382  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised                         | 85.0      | 3.0 oz               | 0.182                         |
| 10886  | Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated                                       | 85.0      | 3.0 oz               | 0.182                         |
| 19074  | Candies, caramels  | 71.0      | 1.0 package (2.5 oz) | 0.182                         |
| 11184  | Corn with red and green peppers, canned, solids and liquids  | 227.0     | 1.0 cup              | 0.182                         |
| 21479  | DIGIORNO Pizza, supreme topping, rising crust, frozen, baked   | 227.0     | 1.0 slice 1/4 of pie | 0.182                         |
| 18933  | Waffle, buttermilk, frozen, ready-to-heat, toasted   | 28.0      | 1.0 oz               | 0.181                         |
| 20111  | Noodles, egg, spinach, enriched, dry   | 38.0      | 1.0 cup              | 0.181                         |
| 21478  | DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked  | 145.0     | 1.0 slice 1/4 of pie | 0.181                         |
| 23099  | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0      | 3.0 oz               | 0.181                         |
| 23341  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw                | 85.0      | 3.0 oz               | 0.181                         |
| 06611  | Soup, SWANSON, beef broth, lower sodium  | 213.0     | 1.0 cup              | 0.181                         |
| 05074  | Chicken, broilers or fryers, drumstick, meat only, cooked, stewed  | 85.0      | 3.0 oz               | 0.181                         |
| 23046  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled          | 85.0      | 3.0 oz               | 0.181                         |
| 05182  | Turkey from whole, light meat, meat and skin, cooked, roasted  | 85.0      | 1.0 serving          | 0.181                         |
| 23075  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled                     | 85.0      | 3.0 oz               | 0.181                         |
| 05747  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled                                   | 85.0      | 3.0 oz               | 0.181                         |
| 10866  | Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated  | 85.0      | 3.0 oz               | 0.181                         |
| 23491  | Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked   | 85.0      | 3.0 oz               | 0.181                         |
| 42235  | Cheese, cottage, lowfat, 1% milkfat, lactose reduced   | 113.0     | 4.0 oz               | 0.181                         |
| 43352  | Cheese, cottage, lowfat, 1% milkfat, no sodium added   | 113.0     | 4.0 oz               | 0.181                         |

| NDB_No | Description   | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------------|-------------------------------|
| 06748  | Soup, PROGRESSO, beef barley, traditional, ready to serve   | 210.0     | 1.0 cup                    | 0.181                         |
| 19208  | Puddings, rice, dry mix, prepared with 2% milk  | 128.0     | 0.5 cup                    | 0.180                         |
| 21108  | Fast foods, hamburger; single, regular patty; with condiments   | 97.0      | 1.0 sandwich               | 0.180                         |
| 13647  | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                    | 85.0      | 3.0 oz                     | 0.180                         |
| 23392  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled         | 85.0      | 3.0 oz                     | 0.180                         |
| 23064  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0      | 1.0 serving (3 oz)         | 0.180                         |
| 23112  | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                     | 85.0      | 3.0 oz                     | 0.180                         |
| 15087  | Fish, salmon, sockeye, canned, drained solids   | 85.0      | 3.0 oz                     | 0.180                         |
| 07968  | Kielbasa, fully cooked, grilled   | 85.0      | 3.0 oz                     | 0.180                         |
| 16531  | WORTHINGTON Prosage Links, frozen, unprepared   | 45.0      | 2.0 links                  | 0.180                         |
| 16513  | WORTHINGTON FriChik Original, canned, unprepared  | 90.0      | 2.0 pieces                 | 0.180                         |
| 20075  | Wheat, soft white   | 168.0     | 1.0 cup                    | 0.180                         |
| 17360  | Lamb, New Zealand, imported, breast, separable lean only, raw   | 113.0     | 4.0 oz                     | 0.180                         |
| 21611  | School Lunch, chicken nuggets, whole grain breaded  | 88.0      | 5.0 pieces                 | 0.180                         |
| 43384  | Beef, bologna, reduced sodium   | 138.0     | 1.0 cup pieces             | 0.179                         |
| 42129  | Bologna, beef and pork, low fat   | 138.0     | 1.0 cup pieces             | 0.179                         |
| 23041  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw                    | 85.0      | 3.0 oz                     | 0.179                         |
| 05703  | Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted                                      | 85.0      | 3.0 oz                     | 0.179                         |
| 13381  | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised        | 85.0      | 3.0 oz                     | 0.179                         |
| 23386  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw                 | 85.0      | 3.0 oz                     | 0.179                         |
| 23136  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised        | 85.0      | 3.0 oz                     | 0.179                         |
| 23255  | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw                      | 85.0      | 3.0 oz                     | 0.179                         |
| 23369  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw                  | 85.0      | 3.0 oz                     | 0.179                         |
| 19199  | Puddings, tapioca, dry mix, prepared with whole milk  | 128.0     | 0.5 cup                    | 0.179                         |
| 09294  | Prune juice, canned   | 256.0     | 1.0 cup                    | 0.179                         |
| 18139  | Cake, white, prepared from recipe without frosting  | 74.0      | 1.0 piece (1/12 of 9" dia) | 0.179                         |
| 19089  | Ice creams, vanilla, rich   | 107.0     | 0.5 cup                    | 0.179                         |
| 05341  | Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning                                    | 85.0      | 1.0 serving (3 oz)         | 0.178                         |
| 17241  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                               | 85.0      | 3.0 oz                     | 0.178                         |
| 17052  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                   | 85.0      | 3.0 oz                     | 0.178                         |
| 17251  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                   | 85.0      | 3.0 oz                     | 0.178                         |
| 07966  | Pork sausage, link/patty, reduced fat, cooked, pan-fried  | 85.0      | 3.0 oz                     | 0.178                         |

| NDB_No | Description  | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------|-------------------------------|
| 17396  | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted                        | 85.0      | 3.0 oz                       | 0.178                         |
| 13648  | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                     | 85.0      | 3.0 oz                       | 0.178                         |
| 17178  | Game meat, rabbit, domesticated, composite of cuts, cooked, roasted  | 85.0      | 3.0 oz                       | 0.178                         |
| 23033  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled            | 85.0      | 1.0 serving (3 oz)           | 0.178                         |
| 13867  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                          | 85.0      | 3.0 oz                       | 0.178                         |
| 13228  | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered                            | 85.0      | 3.0 oz                       | 0.178                         |
| 05139  | Duck, domesticated, meat and skin, raw   | 85.0      | 3.0 oz                       | 0.178                         |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                            | 85.0      | 3.0 oz                       | 0.178                         |
| 17211  | Lamb, variety meats and by-products, pancreas, cooked, braised   | 85.0      | 3.0 oz                       | 0.178                         |
| 23439  | Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried                                     | 85.0      | 3.0 oz                       | 0.178                         |
| 23236  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw                            | 85.0      | 3.0 oz                       | 0.178                         |
| 13865  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                          | 85.0      | 3.0 oz                       | 0.178                         |
| 16078  | Mothbeans, mature seeds, raw   | 196.0     | 1.0 cup                      | 0.178                         |
| 19132  | Candies, milk chocolate, with almonds  | 41.0      | 1.0 bar (1.45 oz)            | 0.178                         |
| 18927  | Crackers, cheese, sandwich-type with cheese filling  | 39.0      | 6.0 cracker 1 cracker = 6.5g | 0.178                         |
| 06061  | Soup, tomato beef with noodle, canned, condensed   | 251.0     | 1.0 cup (8 fl oz)            | 0.178                         |
| 11254  | Lotus root, raw  | 81.0      | 10.0 slices (2-1/2" dia)     | 0.178                         |
| 11323  | Peas and carrots, frozen, cooked, boiled, drained, without salt  | 278.0     | 1.0 package (10 oz) yields   | 0.178                         |
| 19319  | Puddings, banana, dry mix, instant, prepared with whole milk   | 127.0     | 0.5 cup                      | 0.178                         |
| 21430  | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed                                       | 140.0     | 1.0 breast, without skin     | 0.178                         |
| 23134  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0      | 3.0 oz                       | 0.178                         |
| 23470  | Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried                                  | 85.0      | 3.0 oz                       | 0.178                         |
| 23000  | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw              | 85.0      | 3.0 oz                       | 0.178                         |
| 16064  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain  | 240.0     | 1.0 cup                      | 0.178                         |
| 12084  | Nuts, butternuts, dried  | 120.0     | 1.0 cup                      | 0.178                         |
| 17078  | Lamb, New Zealand, imported, loin chop, separable lean only, raw   | 115.0     | 1.0 serving                  | 0.177                         |
| 06174  | Soup, stock, fish, home-prepared   | 233.0     | 1.0 cup                      | 0.177                         |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added   | 118.0     | 1.0 cup                      | 0.177                         |
| 12016  | Seeds, pumpkin and squash seed kernels, roasted, without salt  | 118.0     | 1.0 cup                      | 0.177                         |
| 11700  | Amaranth leaves, cooked, boiled, drained, with salt  | 132.0     | 1.0 cup                      | 0.177                         |
| 11004  | Amaranth leaves, cooked, boiled, drained, without salt   | 132.0     | 1.0 cup                      | 0.177                         |
| 27062  | Soup, beef barley, ready to serve  | 208.0     | 1.0 cup                      | 0.177                         |
| 14407  | Beverages, orange-flavor drink, breakfast type, powder   | 26.0      | 1.0 serving 2 tbsp           | 0.177                         |
| 05697  | Turkey from whole, light meat, meat only, with added solution, cooked, roasted                                       | 85.0      | 3.0 oz                       | 0.177                         |
| 13370  | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised                        | 85.0      | 3.0 oz                       | 0.177                         |

| NDB_No | Description  | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------|-------------------------------|
| 23135  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0      | 3.0 oz                   | 0.177                         |
| 05720  | Turkey, back, from whole bird, meat only, with added solution, roasted   | 85.0      | 3.0 oz                   | 0.177                         |
| 13485  | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised                        | 85.0      | 3.0 oz                   | 0.177                         |
| 05730  | Turkey, wing, from whole bird, meat only, with added solution, roasted   | 85.0      | 3.0 oz                   | 0.177                         |
| 05718  | Turkey, breast, from whole bird, meat only, with added solution, roasted   | 85.0      | 3.0 oz                   | 0.177                         |
| 28337  | Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca                                     | 35.0      | 1.0 slice                | 0.177                         |
| 19195  | Puddings, rice, dry mix, prepared with whole milk  | 128.0     | 0.5 cup                  | 0.177                         |
| 19814  | Snacks, pretzels, hard, plain, made with enriched flour, unsalted  | 28.35     | 1.0 oz                   | 0.177                         |
| 43566  | Snacks, tortilla chips, light (baked with less oil)  | 63.0      | 1.0 cup, crushed         | 0.176                         |
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried  | 140.0     | 1.0 cup                  | 0.176                         |
| 09030  | Apricots, dehydrated (low-moisture), sulfured, uncooked  | 119.0     | 1.0 cup                  | 0.176                         |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares  | 22.0      | 1.0 serving              | 0.176                         |
| 05342  | Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning                           | 85.0      | 3.0 oz                   | 0.176                         |
| 05125  | Chicken, stewing, meat only, raw   | 85.0      | 3.0 oz                   | 0.176                         |
| 13410  | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised                | 85.0      | 3.0 oz                   | 0.176                         |
| 17072  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw                                | 115.0     | 1.0 serving              | 0.176                         |
| 15214  | Fish, seatrout, mixed species, cooked, dry heat  | 85.0      | 3.0 oz                   | 0.176                         |
| 15195  | Fish, drum, freshwater, cooked, dry heat   | 85.0      | 3.0 oz                   | 0.176                         |
| 18365  | Waffles, plain, frozen, ready-to-heat  | 28.35     | 1.0 oz                   | 0.176                         |
| 20036  | Rice, brown, long-grain, raw   | 185.0     | 1.0 cup                  | 0.176                         |
| 21474  | DIGIORNO Pizza, cheese topping, rising crust, frozen, baked  | 183.0     | 1.0 slice 1/4 of pie     | 0.176                         |
| 20135  | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry  | 91.0      | 1.0 cup spaghetti        | 0.176                         |
| 35197  | Lambquarters, steamed (Northern Plains Indians)  | 65.0      | 1.0 cup                  | 0.176                         |
| 12155  | Nuts, walnuts, english   | 117.0     | 1.0 cup, chopped         | 0.176                         |
| 21470  | Fast Foods, Fried Chicken, Drumstick, meat and skin with breading  | 75.0      | 1.0 drumstick, with skin | 0.176                         |
| 15119  | Fish, tuna, light, canned in oil, drained solids   | 146.0     | 1.0 cup, solid or chunks | 0.175                         |
| 11746  | Brussels sprouts, frozen, cooked, boiled, drained, with salt   | 155.0     | 1.0 cup                  | 0.175                         |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt  | 155.0     | 1.0 cup                  | 0.175                         |
| 06415  | CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup   | 206.0     | 1.0 cup                  | 0.175                         |
| 13165  | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                     | 85.0      | 3.0 oz                   | 0.175                         |
| 23111  | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw              | 85.0      | 3.0 oz                   | 0.175                         |
| 11383  | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added                        | 210.0     | 1.0 cup                  | 0.174                         |
| 05677  | Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised                                    | 111.0     | 1.0 thigh without skin   | 0.174                         |
| 23246  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw               | 85.0      | 3.0 oz                   | 0.174                         |
| 05739  | Turkey, drumstick, from whole bird, meat only, roasted   | 85.0      | 3.0 oz                   | 0.174                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 05220  | Turkey, breast, from whole bird, meat only, roasted   | 85.0      | 3.0 oz  | 0.174                         |
| 23370  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw          | 85.0      | 3.0 oz  | 0.174                         |
| 13378  | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised                 | 85.0      | 3.0 oz  | 0.174                         |
| 05228  | Turkey, wing, from whole bird, meat only, roasted   | 85.0      | 3.0 oz  | 0.174                         |
| 05186  | Turkey, all classes, light meat, cooked, roasted  | 85.0      | 1.0 serving   | 0.174                         |
| 05735  | Turkey, retail parts, wing, meat and skin, cooked, roasted  | 85.0      | 3.0 oz  | 0.174                         |
| 23385  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw         | 85.0      | 3.0 oz  | 0.174                         |
| 19096  | Ice creams, vanilla, light, soft-serve  | 88.0      | 1.0 serving 1/2 cup                                 | 0.174                         |
| 01144  | Egg substitute, powder  | 9.9       | 0.35 oz   | 0.174                         |
| 21232  | McDONALD'S, FILET-O-FISH  | 134.0     | 1.0 sandwich  | 0.174                         |
| 08510  | Milk and cereal bar   | 25.0      | 1.0 bar   | 0.174                         |
| 22522  | Pasta with Sliced Franks in Tomato Sauce, canned entree   | 252.0     | 1.0 serving (1 cup)                                 | 0.174                         |
| 28323  | Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)   | 41.0      | 0.33 cup 1 serving                                  | 0.173                         |
| 23032  | Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw              | 85.0      | 3.0 oz  | 0.173                         |
| 17419  | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted            | 85.0      | 3.0 oz  | 0.173                         |
| 23063  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz  | 0.173                         |
| 05306  | Ground turkey, cooked   | 82.0      | 1.0 patty (4 oz, raw) (yield after cooking)         | 0.173                         |
| 19434  | Cheese puffs and twists, corn based, baked, low fat   | 28.35     | 1.0 oz  | 0.173                         |
| 11497  | Succotash, (corn and limas), canned, with cream style corn  | 266.0     | 1.0 cup   | 0.173                         |
| 10164  | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw                               | 85.0      | 3.0 oz  | 0.173                         |
| 23008  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled        | 85.0      | 3.0 oz  | 0.173                         |
| 23339  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw   | 85.0      | 3.0 oz  | 0.173                         |
| 15226  | Crustaceans, crab, dungeness, cooked, moist heat  | 85.0      | 3.0 oz  | 0.173                         |
| 23238  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw                       | 85.0      | 3.0 oz  | 0.173                         |
| 15265  | Fish, Salmon, pink, canned, drained solids, without skin and bones  | 85.0      | 3.0 oz  | 0.173                         |
| 03696  | Babyfood, cereal, rice, with honey, prepared with whole milk  | 28.35     | 1.0 oz  | 0.172                         |
| 32029  | Rice mix, white and wild, flavored, unprepared  | 57.0      | 2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix) | 0.172                         |
| 21477  | DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked  | 207.0     | 1.0 slice 1/4 of pie                                | 0.172                         |
| 15168  | Mollusks, oyster, eastern, cooked, breaded and fried  | 85.0      | 3.0 oz  | 0.172                         |
| 23003  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw               | 85.0      | 3.0 oz  | 0.172                         |
| 15260  | Fish, salmon, pink, canned, drained solids  | 85.0      | 3.0 oz  | 0.172                         |
| 17083  | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted              | 85.0      | 1.0 serving   | 0.172                         |
| 18489  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry  | 52.0      | 1.0 pastry  | 0.172                         |
| 18486  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry   | 52.0      | 1.0 pastry  | 0.172                         |
| 18476  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry   | 52.0      | 1.0 pastry  | 0.172                         |
| 18490  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry  | 52.0      | 1.0 pastry  | 0.172                         |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 28172  | KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries                                      | 52.0      | 1.0 pastry                                      | 0.172                         |
| 20070  | Triticale flour, whole-grain   | 130.0     | 1.0 cup   | 0.172                         |
| 18481  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry                                   | 52.0      | 1.0 pastry                                      | 0.172                         |
| 18477  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry                                | 52.0      | 1.0 pastry                                      | 0.172                         |
| 18482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge                          | 52.0      | 1.0 pastry                                      | 0.172                         |
| 18973  | Focaccia, Italian flatbread, plain   | 57.0      | 1.0 piece                                       | 0.172                         |
| 16337  | Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium                          | 256.0     | 1.0 cup   | 0.172                         |
| 16034  | Beans, kidney, red, mature seeds, canned, solids and liquids                                     | 256.0     | 1.0 cup   | 0.172                         |
| 21380  | McDONALD'S, Fruit 'n Yogurt Parfait  | 149.0     | 1.0 item 5.2 oz                                 | 0.171                         |
| 05194  | Turkey, all classes, leg, meat and skin, cooked, roasted   | 71.0      | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.171                         |
| 28014  | KELLOGG'S, EGGO, Waffles, French Toast   | 45.0      | 1.0 waffle                                      | 0.171                         |
| 05671  | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised                    | 95.0      | 1.0 drumstick without skin                      | 0.171                         |
| 22966  | SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open  | 206.0     | 1.0 can (1 serving)                             | 0.171                         |
| 22929  | SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce   | 259.0     | 1.0 cup   | 0.171                         |
| 11506  | Sweet potato leaves, cooked, steamed, without salt   | 64.0      | 1.0 cup   | 0.171                         |
| 11874  | Sweet potato leaves, cooked, steamed, with salt  | 64.0      | 1.0 cup   | 0.171                         |
| 23498  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked | 85.0      | 3.0 oz  | 0.171                         |
| 05005  | Chicken, broilers or fryers, meat and skin and giblets and neck, stewed                          | 85.0      | 3.0 oz  | 0.171                         |
| 23047  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw  | 85.0      | 3.0 oz  | 0.171                         |
| 16147  | Veggie burgers or soyburgers, unprepared   | 70.0      | 1.0 pattie                                      | 0.171                         |
| 03693  | Babyfood, cereal, oatmeal, with honey, prepared with whole milk                                  | 28.35     | 1.0 oz  | 0.171                         |
| 23562  | Beef, ground, 90% lean meat / 10% fat, raw   | 113.0     | 4.0 oz  | 0.171                         |
| 23572  | Beef, ground, 80% lean meat / 20% fat, raw   | 113.0     | 4.0 oz  | 0.171                         |
| 23472  | Beef, ground, 93% lean meat / 7% fat, raw  | 113.0     | 4.0 oz  | 0.171                         |
| 13498  | Beef, ground, 70% lean meat / 30% fat, raw   | 113.0     | 4.0 oz  | 0.171                         |
| 23577  | Beef, ground, 75% lean meat / 25% fat, raw   | 113.0     | 4.0 oz  | 0.171                         |
| 23557  | Beef, ground, 95% lean meat / 5% fat, raw  | 113.0     | 4.0 oz  | 0.171                         |
| 23477  | Beef, ground, 97% lean meat / 3% fat, raw  | 113.0     | 4.0 oz  | 0.171                         |
| 22965  | SPAGHETTIOS, SpaghettiOs Original, easy open   | 213.0     | 1.0 can (1 serving)                             | 0.170                         |
| 12041  | Seeds, sunflower seed flour, partially defatted  | 64.0      | 1.0 cup   | 0.170                         |
| 28184  | KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites                                  | 23.0      | 1.0 pouch                                       | 0.170                         |
| 28000  | KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip  | 46.0      | 1.0 set   | 0.170                         |
| 18999  | KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry   | 46.0      | 1.0 set   | 0.170                         |
| 28183  | KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites                               | 23.0      | 1.0 pouch                                       | 0.170                         |
| 18361  | Toaster pastries, brown-sugar-cinnamon   | 28.35     | 1.0 oz  | 0.170                         |
| 32005  | Macaroni and cheese, box mix with cheese sauce, prepared   | 189.0     | 1.0 cup prepared                                | 0.170                         |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 08546  | Rice and Wheat cereal bar  | 22.0      | 1.0 bar   | 0.170                         |
| 28330  | Cookies, marshmallow, with rice cereal and chocolate chips   | 22.0      | 1.0 bar   | 0.170                         |
| 14055  | Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,  | 26.0      | 1.0 scoop   | 0.170                         |
| 14047  | Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan  | 26.0      | 1.0 scoop   | 0.170                         |
| 18497  | Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry   | 50.0      | 1.0 pastry  | 0.170                         |
| 28174  | KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 28171  | KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 23067  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw                                 | 85.0      | 3.0 oz  | 0.170                         |
| 13359  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw       | 85.0      | 3.0 oz  | 0.170                         |
| 15144  | Crustaceans, crab, queen, raw  | 85.0      | 3.0 oz  | 0.170                         |
| 28164  | KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries  | 50.0      | 1.0 pastry  | 0.170                         |
| 28175  | KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 15253  | Salmon, sockeye, canned, total can contents  | 85.0      | 3.0 oz  | 0.170                         |
| 13367  | Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                           | 85.0      | 3.0 oz  | 0.170                         |
| 13804  | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                         | 85.0      | 3.0 oz  | 0.170                         |
| 23068  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw                             | 85.0      | 3.0 oz  | 0.170                         |
| 28165  | KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 15043  | Fish, herring, Pacific, raw  | 85.0      | 3.0 oz  | 0.170                         |
| 28192  | KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 13482  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw                         | 85.0      | 3.0 oz  | 0.170                         |
| 18494  | Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon                                   | 50.0      | 1.0 pastry  | 0.170                         |
| 13808  | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                    | 85.0      | 3.0 oz  | 0.170                         |
| 28173  | KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries  | 50.0      | 1.0 pastry  | 0.170                         |
| 14409  | Beverages, Orange-flavor drink, breakfast type, low calorie, powder  | 2.5       | 1.0 portion, amount of dry mix to make 8 fl oz prepared | 0.170                         |
| 16514  | WORTHINGTON Low Fat Fri Chik, canned, unprepared   | 85.0      | 2.0 pieces  | 0.170                         |
| 28170  | KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries  | 50.0      | 1.0 pastry  | 0.170                         |
| 28167  | KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 23066  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw                                 | 85.0      | 3.0 oz  | 0.170                         |
| 23391  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0      | 3.0 oz  | 0.170                         |
| 28180  | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 18478  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon   | 50.0      | 1.0 pastry  | 0.170                         |
| 28193  | KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |
| 17189  | Veal, variety meats and by-products, brain, cooked, braised  | 85.0      | 3.0 oz  | 0.170                         |
| 28177  | KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries   | 50.0      | 1.0 pastry  | 0.170                         |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 28319  | Bagels, whole grain white  | 43.0      | 0.5 piece bagel 1 serving                       | 0.170                         |
| 32012  | Pizza rolls, frozen, unprepared  | 80.0      | 1.0 serving 6 rolls                             | 0.170                         |
| 11993  | Mushrooms, maitake, raw  | 70.0      | 1.0 cup diced                                   | 0.169                         |
| 06629  | Sauce, pesto, CLASSICO, basil pesto, ready-to-serve  | 62.0      | 0.25 cup  | 0.169                         |
| 05356  | Chicken, broiler, rotisserie, BBQ, skin  | 85.0      | 1.0 serving                                     | 0.169                         |
| 05733  | Turkey, retail parts, breast, meat and skin, cooked, roasted   | 85.0      | 3.0 oz  | 0.169                         |
| 10955  | Pork, cured, ham, rump, bone-in, separable lean and fat, unheated  | 85.0      | 3.0 oz  | 0.169                         |
| 10881  | Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted                               | 85.0      | 1.0 serving (3 oz)                              | 0.169                         |
| 05308  | Chicken, cornish game hens, meat and skin, cooked, roasted   | 85.0      | 3.0 oz  | 0.169                         |
| 23432  | Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried                                      | 85.0      | 3.0 oz  | 0.169                         |
| 36403  | Restaurant, Latino, empanadas, beef, prepared  | 89.0      | 1.0 piece                                       | 0.169                         |
| 06015  | Soup, chicken, canned, chunky, ready-to-serve  | 245.0     | 1.0 cup   | 0.169                         |
| 28303  | Crackers, cheese, whole grain  | 31.0      | 1.0 serving 55 pieces                           | 0.169                         |
| 22938  | SPAGHETTIOS, SpaghettiOs plus Calcium  | 252.0     | 1.0 cup (1 serving)                             | 0.169                         |
| 22940  | SPAGHETTIOS, SpaghettiOs with Meatballs  | 252.0     | 1.0 cup (1 serving)                             | 0.169                         |
| 22937  | SPAGHETTIOS, SpaghettiOs in Meat Sauce   | 252.0     | 1.0 cup (1 serving)                             | 0.169                         |
| 22930  | SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce  | 252.0     | 1.0 cup (1 serving)                             | 0.169                         |
| 20130  | Barley flour or meal   | 148.0     | 1.0 cup   | 0.169                         |
| 06974  | Soup, vegetable chicken, canned, prepared with water, low sodium   | 241.0     | 1.0 cup   | 0.169                         |
| 20321  | Pasta, cooked, enriched, with added salt   | 124.0     | 1.0 cup spaghetti not packed                    | 0.169                         |
| 20121  | Pasta, cooked, enriched, without added salt  | 124.0     | 1.0 cup spaghetti not packed                    | 0.169                         |
| 23465  | Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried                                   | 85.0      | 3.0 oz  | 0.168                         |
| 10040  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw  | 85.0      | 3.0 oz  | 0.168                         |
| 10874  | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted                             | 85.0      | 1.0 serving (3 oz)                              | 0.168                         |
| 23056  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled          | 85.0      | 1.0 serving (3 oz)                              | 0.168                         |
| 17417  | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted                         | 85.0      | 3.0 oz  | 0.168                         |
| 18014  | Biscuits, plain or buttermilk, refrigerated dough, higher fat  | 58.0      | 1.0 biscuit                                     | 0.168                         |
| 18310  | Pie, chocolate creme, commercially prepared  | 120.0     | 1.0 serving .167 pie                            | 0.168                         |
| 19010  | Snacks, crisped rice bar, chocolate chip   | 28.0      | 1.0 bar (1 oz)                                  | 0.168                         |
| 28181  | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries                                   | 48.0      | 1.0 pastry                                      | 0.168                         |
| 28182  | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries                                      | 48.0      | 1.0 pastry                                      | 0.168                         |
| 28179  | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries                                     | 48.0      | 1.0 pastry                                      | 0.168                         |
| 05191  | Turkey, all classes, breast, meat and skin, raw  | 146.0     | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.168                         |
| 16120  | Soymilk, original and vanilla, unfortified   | 243.0     | 1.0 cup   | 0.168                         |
| 13822  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0      | 3.0 oz  | 0.167                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 13356  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz   | 0.167                         |
| 23387  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw               | 85.0      | 3.0 oz   | 0.167                         |
| 23340  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw                | 85.0      | 3.0 oz   | 0.167                         |
| 20087  | Wheat, sprouted  | 108.0     | 1.0 cup  | 0.167                         |
| 17416  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw                                  | 113.0     | 4.0 oz   | 0.167                         |
| 17404  | Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw   | 113.0     | 4.0 oz   | 0.167                         |
| 11856  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt   | 95.0      | 0.5 cup  | 0.167                         |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt  | 95.0      | 0.5 cup  | 0.167                         |
| 11232  | Jute, potherb, cooked, boiled, drained, without salt   | 87.0      | 1.0 cup  | 0.167                         |
| 11789  | Jute, potherb, cooked, boiled, drained, with salt  | 87.0      | 1.0 cup  | 0.167                         |
| 09031  | Apricots, dehydrated (low-moisture), sulfured, stewed  | 249.0     | 1.0 cup  | 0.167                         |
| 21142  | Fast food, biscuit   | 55.0      | 1.0 biscuit                                      | 0.167                         |
| 22955  | Egg rolls, vegetable, frozen, prepared   | 68.0      | 1.0 egg roll                                     | 0.167                         |
| 05065  | Chicken, broilers or fryers, breast, meat only, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced                        | 0.167                         |
| 23050  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled  | 85.0      | 1.0 serving (3 oz)                               | 0.167                         |
| 05060  | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted  | 140.0     | 1.0 cup, chopped or diced                        | 0.167                         |
| 13799  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw                     | 114.0     | 4.0 oz   | 0.166                         |
| 21415  | POPEYES, biscuit   | 60.0      | 1.0 biscuit                                      | 0.166                         |
| 19867  | Ice creams, vanilla, fat free  | 67.0      | 0.5 cup  | 0.166                         |
| 21381  | McDONALD'S, Fruit 'n Yogurt Parfait (without granola)  | 142.0     | 1.0 item   | 0.166                         |
| 01039  | Cheese, roquefort  | 28.35     | 1.0 oz   | 0.166                         |
| 05030  | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter  | 113.0     | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.166                         |
| 16003  | Beans, adzuki, mature seeds, canned, sweetened   | 296.0     | 1.0 cup  | 0.166                         |
| 13369  | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                     | 85.0      | 3.0 oz   | 0.166                         |
| 05709  | Turkey, retail parts, breast, meat only, with added solution, cooked, roasted  | 85.0      | 3.0 oz   | 0.166                         |
| 13907  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                             | 85.0      | 3.0 oz   | 0.166                         |
| 13979  | Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                | 85.0      | 3.0 oz   | 0.166                         |
| 23109  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw  | 85.0      | 3.0 oz   | 0.166                         |
| 13924  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                        | 119.0     | 1.0 steak (yield from 1 raw steak weighing 151g) | 0.165                         |
| 05696  | Turkey from whole, light meat, meat only, with added solution, raw   | 114.0     | 4.0 oz   | 0.165                         |
| 05721  | Turkey, breast, from whole bird, meat only, with added solution, raw   | 114.0     | 4.0 oz   | 0.165                         |
| 05219  | Turkey, breast, from whole bird, meat only, raw  | 114.0     | 4.0 oz   | 0.165                         |
| 03704  | Babyfood, cereal, mixed, with honey, prepared with whole milk  | 28.35     | 1.0 oz   | 0.165                         |

| NDB_No | Description  | Weight(g) | Measure                           | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-----------------------------------|-------------------------------|
| 16527  | WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared  | 55.0      | 2.0 slices , 3/8"                 | 0.165                         |
| 16532  | WORTHINGTON Prosage Roll, frozen, unprepared   | 55.0      | 1.0 slice , 5/8"                  | 0.165                         |
| 16536  | WORTHINGTON Wham (roll), frozen, unprepared  | 55.0      | 1.0 slice , 3/8"                  | 0.165                         |
| 16533  | WORTHINGTON Smoked Turkey Roll, frozen, unprepared   | 55.0      | 1.0 slice , 3/8"                  | 0.165                         |
| 23259  | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted        | 85.0      | 3.0 oz                            | 0.165                         |
| 23142  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                        | 85.0      | 3.0 oz                            | 0.165                         |
| 13977  | Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                       | 85.0      | 3.0 oz                            | 0.165                         |
| 21459  | POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading  | 57.0      | 1.0 wing, with skin               | 0.165                         |
| 17144  | Game meat, antelope, raw   | 28.35     | 1.0 oz                            | 0.164                         |
| 36418  | Restaurant, Mexican, refried beans   | 148.0     | 1.0 cup                           | 0.164                         |
| 09040  | Bananas, raw   | 225.0     | 1.0 cup, mashed                   | 0.164                         |
| 03682  | Babyfood, cereal, high protein, prepared with whole milk   | 28.35     | 1.0 oz                            | 0.164                         |
| 05008  | Chicken, broilers or fryers, meat and skin, cooked, fried, flour   | 85.0      | 3.0 oz                            | 0.164                         |
| 15182  | Fish, salmon, sockeye, canned, without salt, drained solids with bone  | 85.0      | 3.0 oz                            | 0.164                         |
| 13821  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0      | 3.0 oz                            | 0.164                         |
| 23239  | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted            | 85.0      | 3.0 oz                            | 0.164                         |
| 13812  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                           | 85.0      | 3.0 oz                            | 0.164                         |
| 21324  | McDONALD'S, Baked Apple Pie  | 77.0      | 2.7 oz                            | 0.164                         |
| 27035  | Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium   | 40.0      | 1.41 oz dry (half noodle block)   | 0.164                         |
| 17392  | Lamb, New Zealand, imported, neck chops, separable lean only, raw  | 113.0     | 4.0 oz                            | 0.164                         |
| 05042  | Chicken, broilers or fryers, light meat, meat only, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced         | 0.164                         |
| 11710  | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt   | 58.0      | 1.0 cup                           | 0.164                         |
| 11023  | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt  | 58.0      | 1.0 cup                           | 0.164                         |
| 15006  | Fish, burbot, raw  | 116.0     | 1.0 fillet                        | 0.164                         |
| 08574  | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt                                | 244.0     | 1.0 cup                           | 0.163                         |
| 12036  | Seeds, sunflower seed kernels, dried   | 46.0      | 1.0 cup, with hulls, edible yield | 0.163                         |
| 10867  | Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted                                      | 85.0      | 1.0 serving (3 oz)                | 0.163                         |
| 13294  | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                 | 85.0      | 3.0 oz                            | 0.163                         |
| 23253  | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw                     | 85.0      | 3.0 oz                            | 0.163                         |
| 28178  | KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries   | 48.0      | 1.0 pastry                        | 0.163                         |
| 23412  | Beef, New Zealand, imported, flat, separable lean only, cooked, braised  | 85.0      | 3.0 oz                            | 0.163                         |
| 13407  | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised                      | 85.0      | 3.0 oz                            | 0.163                         |
| 05167  | Turkey, whole, meat only, raw  | 85.0      | 3.0 oz                            | 0.163                         |

| NDB_No | Description   | Weight(g) | Measure                               | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------------------|-------------------------------|
| 11032  | Lima beans, immature seeds, cooked, boiled, drained, without salt   | 170.0     | 1.0 cup                               | 0.163                         |
| 11714  | Lima beans, immature seeds, cooked, boiled, drained, with salt  | 170.0     | 1.0 cup                               | 0.163                         |
| 05319  | Chicken, broiler, rotisserie, BBQ, drumstick, meat only   | 71.0      | 1.0 drumstick                         | 0.163                         |
| 12154  | Nuts, walnuts, black, dried   | 125.0     | 1.0 cup, chopped                      | 0.162                         |
| 05041  | Chicken, broilers or fryers, light meat, meat only, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced             | 0.162                         |
| 13921  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                           | 140.0     | 1.0 steak (yield from 181 g raw meat) | 0.162                         |
| 22912  | Spaghetti, with meatballs in tomato sauce, canned   | 246.0     | 1.0 cup                               | 0.162                         |
| 23140  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled                 | 85.0      | 3.0 oz                                | 0.162                         |
| 23108  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz                                | 0.162                         |
| 23481  | Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned   | 85.0      | 3.0 oz                                | 0.162                         |
| 23565  | Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned  | 85.0      | 3.0 oz                                | 0.162                         |
| 13494  | Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned  | 85.0      | 3.0 oz                                | 0.162                         |
| 23389  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled      | 85.0      | 3.0 oz                                | 0.162                         |
| 23540  | Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled                 | 85.0      | 3.0 oz                                | 0.162                         |
| 23560  | Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned   | 85.0      | 3.0 oz                                | 0.162                         |
| 23580  | Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned  | 85.0      | 3.0 oz                                | 0.162                         |
| 23476  | Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned   | 85.0      | 3.0 oz                                | 0.162                         |
| 23570  | Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned  | 85.0      | 3.0 oz                                | 0.162                         |
| 13293  | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw          | 85.0      | 3.0 oz                                | 0.162                         |
| 23575  | Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned  | 85.0      | 3.0 oz                                | 0.162                         |
| 15022  | Fish, cusk, raw   | 122.0     | 1.0 fillet                            | 0.162                         |
| 20109  | Noodles, egg, dry, enriched   | 38.0      | 1.0 cup                               | 0.162                         |
| 11929  | Potatoes, mashed, prepared from granules, without milk, whole milk and margarine  | 210.0     | 1.0 cup                               | 0.162                         |
| 11381  | Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added                          | 210.0     | 1.0 cup                               | 0.162                         |
| 15239  | Fish, salmon, coho, farmed, cooked, dry heat  | 143.0     | 1.0 fillet                            | 0.162                         |
| 13846  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted                   | 85.0      | 3.0 oz                                | 0.161                         |
| 13349  | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw              | 85.0      | 3.0 oz                                | 0.161                         |
| 13840  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted               | 85.0      | 3.0 oz                                | 0.161                         |
| 10066  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw   | 85.0      | 3.0 oz                                | 0.161                         |
| 17415  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised                         | 85.0      | 3.0 oz                                | 0.161                         |
| 13392  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled                   | 85.0      | 3.0 oz                                | 0.161                         |
| 13860  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled                  | 85.0      | 3.0 oz                                | 0.161                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 13823  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0      | 3.0 oz                    | 0.161                         |
| 13386  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted                    | 85.0      | 3.0 oz                    | 0.161                         |
| 10878  | Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil                               | 85.0      | 1.0 serving (3 oz)        | 0.161                         |
| 13393  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled                  | 85.0      | 3.0 oz                    | 0.161                         |
| 13499  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw       | 85.0      | 3.0 oz                    | 0.161                         |
| 13371  | Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                      | 85.0      | 3.0 oz                    | 0.161                         |
| 23541  | Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled               | 85.0      | 3.0 oz                    | 0.161                         |
| 23072  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw                      | 85.0      | 3.0 oz                    | 0.161                         |
| 13387  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted                    | 85.0      | 3.0 oz                    | 0.161                         |
| 15044  | Fish, ling, raw  | 85.0      | 3.0 oz                    | 0.161                         |
| 13069  | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised                                    | 85.0      | 3.0 oz                    | 0.161                         |
| 13849  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted                   | 85.0      | 3.0 oz                    | 0.161                         |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted  | 207.0     | 1.0 can (6 fl oz)         | 0.161                         |
| 19293  | Frozen yogurts, vanilla, soft-serve  | 72.0      | 0.5 cup                   | 0.161                         |
| 20073  | Wheat, soft red winter   | 168.0     | 1.0 cup                   | 0.161                         |
| 07910  | Bratwurst, veal, cooked  | 84.0      | 1.0 serving 2.96 oz       | 0.161                         |
| 11310  | Peas, green, canned, seasoned, solids and liquids  | 227.0     | 1.0 cup                   | 0.161                         |
| 19061  | Snacks, trail mix, tropical  | 140.0     | 1.0 cup                   | 0.161                         |
| 05061  | Chicken, broilers or fryers, breast, meat and skin, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced | 0.161                         |
| 20012  | Bulgur, dry  | 140.0     | 1.0 cup                   | 0.161                         |
| 07015  | Brotwurst, pork, beef, link  | 70.0      | 1.0 link                  | 0.161                         |
| 11031  | Lima beans, immature seeds, raw  | 156.0     | 1.0 cup                   | 0.161                         |
| 13413  | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised                      | 85.0      | 3.0 oz                    | 0.161                         |
| 05007  | Chicken, broilers or fryers, meat and skin, cooked, fried, batter  | 85.0      | 3.0 oz                    | 0.161                         |
| 10865  | Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted                                   | 85.0      | 1.0 serving (3 oz)        | 0.161                         |
| 13796  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked                | 85.0      | 3.0 oz                    | 0.161                         |
| 05110  | Chicken, roasting, meat and skin and giblets and neck, cooked, roasted   | 85.0      | 3.0 oz                    | 0.161                         |
| 05082  | Chicken, broilers or fryers, leg, meat only, cooked, roasted   | 85.0      | 3.0 oz                    | 0.161                         |
| 10036  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw   | 85.0      | 3.0 oz                    | 0.161                         |
| 23388  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw             | 85.0      | 3.0 oz                    | 0.161                         |
| 05174  | Turkey, gizzard, all classes, cooked, simmered   | 45.0      | 1.0 gizzard cooked        | 0.161                         |
| 17395  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw                               | 113.0     | 4.0 oz                    | 0.160                         |
| 11641  | Squash, summer, all varieties, raw   | 113.0     | 1.0 cup, sliced           | 0.160                         |
| 01013  | Cheese, cottage, creamed, with fruit   | 113.0     | 4.0 oz                    | 0.160                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 36606  | CRACKER BARREL, farm raised catfish platter   | 178.0     | 1.0 serving               | 0.160                         |
| 16396  | Peanuts, virginia, oil-roasted, without salt  | 143.0     | 1.0 cup                   | 0.160                         |
| 16096  | Peanuts, virginia, oil-roasted, with salt   | 143.0     | 1.0 cup                   | 0.160                         |
| 07016  | Cheesefurter, cheese smokie, pork, beef   | 100.0     | 2.33 links                | 0.160                         |
| 18375  | Leavening agents, yeast, baker's, active dry  | 4.0       | 1.0 tsp                   | 0.160                         |
| 11767  | Chrysanthemum, garland, cooked, boiled, drained, with salt  | 100.0     | 1.0 cup (1" pieces)       | 0.160                         |
| 11158  | Chrysanthemum, garland, cooked, boiled, drained, without salt   | 100.0     | 1.0 cup (1" pieces)       | 0.160                         |
| 06188  | Soup, beef broth, less/reduced sodium, ready to serve   | 219.0     | 1.0 cup                   | 0.160                         |
| 10877  | Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted                   | 85.0      | 1.0 serving (3 oz)        | 0.160                         |
| 23141  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled       | 85.0      | 3.0 oz                    | 0.160                         |
| 17394  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted | 85.0      | 3.0 oz                    | 0.160                         |
| 17361  | Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted                   | 85.0      | 3.0 oz                    | 0.160                         |
| 10863  | Pork, fresh, variety meats and by-products, stomach, cooked, simmered                                     | 85.0      | 3.0 oz                    | 0.160                         |
| 10916  | Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil               | 85.0      | 1.0 serving (3 oz)        | 0.160                         |
| 21435  | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading                               | 75.0      | 1.0 drumstick, with skin  | 0.160                         |
| 03689  | Babyfood, cereal, oatmeal, prepared with whole milk   | 28.35     | 1.0 oz                    | 0.160                         |
| 01126  | Egg, yolk, raw, frozen, pasteurized   | 28.35     | 1.0 oz                    | 0.160                         |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced | 0.160                         |
| 11549  | Tomato products, canned, sauce  | 245.0     | 1.0 cup                   | 0.159                         |
| 43217  | Tomato sauce, canned, no salt added   | 245.0     | 1.0 cup                   | 0.159                         |
| 36006  | T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded   | 175.0     | 1.0 serving               | 0.159                         |
| 05359  | Chicken, broiler, rotisserie, BBQ, drumstick meat and skin  | 71.0      | 1.0 drumstick             | 0.159                         |
| 21514  | KASHI Pizza, Tikka Masala, single serve, frozen, unprepared   | 159.0     | 1.0 pizza                 | 0.159                         |
| 28387  | PEPPERIDGE FARM, Hamburger Buns w/Sesame  | 53.0      | 1.0 serving               | 0.159                         |
| 10880  | Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated                           | 85.0      | 3.0 oz                    | 0.159                         |
| 13798  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked       | 85.0      | 3.0 oz                    | 0.159                         |
| 23074  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw     | 85.0      | 3.0 oz                    | 0.159                         |
| 05746  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised                        | 85.0      | 3.0 oz                    | 0.159                         |
| 23005  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw              | 85.0      | 3.0 oz                    | 0.159                         |
| 10225  | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw                                  | 85.0      | 3.0 oz                    | 0.159                         |
| 17409  | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted                 | 85.0      | 3.0 oz                    | 0.159                         |
| 23276  | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted      | 85.0      | 3.0 oz                    | 0.159                         |
| 05078  | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted  | 85.0      | 3.0 oz                    | 0.159                         |
| 23483  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw         | 85.0      | 3.0 oz                    | 0.159                         |
| 17407  | Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted                    | 85.0      | 3.0 oz                    | 0.159                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 17388  | Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted                  | 85.0      | 3.0 oz   | 0.159                         |
| 15070  | Fish, rockfish, Pacific, mixed species, raw   | 85.0      | 3.0 oz   | 0.159                         |
| 01095  | Milk, canned, condensed, sweetened  | 38.2      | 1.0 fl oz  | 0.159                         |
| 18146  | Cake, yellow, prepared from recipe without frosting   | 68.0      | 1.0 piece (1/12 of 8" dia)                       | 0.158                         |
| 28373  | UDI'S, Gluten Free, Whole Grain Dinner Rolls  | 44.0      | 1.0 roll   | 0.158                         |
| 19095  | Ice creams, vanilla   | 66.0      | 1.0 serving 1/2 cup                              | 0.158                         |
| 28343  | Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour                          | 44.0      | 1.0 roll   | 0.158                         |
| 23413  | Beef, New Zealand, imported, flat, separable lean only, raw   | 113.0     | 4.0 oz   | 0.158                         |
| 14192  | Beverages, Cocoa mix, powder  | 28.0      | 1.0 serving (3 heaping tsp or 1 envelope)        | 0.158                         |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                                 | 28.35     | 1.0 oz   | 0.158                         |
| 28394  | PEPPERIDGE FARM, Hamburger Bun  | 51.0      | 1.0 serving                                      | 0.158                         |
| 15084  | Fish, salmon, pink, canned, total can contents  | 85.0      | 3.0 oz   | 0.158                         |
| 17081  | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted       | 85.0      | 1.0 serving                                      | 0.158                         |
| 05001  | Chicken, broilers or fryers, meat and skin and giblets and neck, raw                                    | 85.0      | 3.0 oz   | 0.158                         |
| 15181  | Fish, salmon, pink, canned, without salt, solids with bone and liquid                                   | 85.0      | 3.0 oz   | 0.158                         |
| 23049  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0      | 3.0 oz   | 0.158                         |
| 10048  | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw                      | 85.0      | 3.0 oz   | 0.158                         |
| 21439  | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading                                | 81.0      | 1.0 drumstick, with skin                         | 0.158                         |
| 19049  | Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel  | 28.35     | 1.0 oz   | 0.158                         |
| 05077  | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour                                   | 67.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.157                         |
| 10062  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw                              | 85.0      | 3.0 oz   | 0.157                         |
| 13872  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised  | 85.0      | 3.0 oz   | 0.157                         |
| 05165  | Turkey, whole, meat and skin, raw   | 85.0      | 3.0 oz   | 0.157                         |
| 23061  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw     | 85.0      | 3.0 oz   | 0.157                         |
| 10924  | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted           | 85.0      | 1.0 serving (3 oz)                               | 0.157                         |
| 15065  | Fish, pollock, Atlantic, raw  | 85.0      | 3.0 oz   | 0.157                         |
| 05357  | Chicken, broiler, rotisserie, BBQ, back meat and skin   | 85.0      | 3.0 oz   | 0.157                         |
| 23365  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw          | 85.0      | 3.0 oz   | 0.157                         |
| 23362  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw          | 85.0      | 3.0 oz   | 0.157                         |
| 12130  | Nuts, hickorynuts, dried  | 120.0     | 1.0 cup  | 0.157                         |
| 16326  | Beans, great northern, mature seeds, canned, low sodium   | 262.0     | 1.0 cup  | 0.157                         |
| 16026  | Beans, great northern, mature seeds, canned   | 262.0     | 1.0 cup  | 0.157                         |
| 17366  | Lamb, New Zealand, imported, flap, boneless, separable lean only, raw                                   | 113.0     | 4.0 oz   | 0.157                         |
| 12174  | Seeds, watermelon seed kernels, dried   | 108.0     | 1.0 cup  | 0.157                         |
| 01236  | Ice cream, soft serve, chocolate  | 86.0      | 0.5 cup  | 0.157                         |
| 19090  | Ice creams, french vanilla, soft-serve  | 86.0      | 0.5 cup (4 fl oz)                                | 0.157                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 13923  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw   | 149.0     | 1.0 steak (yield from 1 raw steak weighing 149g) | 0.156                         |
| 23363  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                        | 85.0      | 3.0 oz   | 0.156                         |
| 23360  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw                        | 85.0      | 3.0 oz   | 0.156                         |
| 23395  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw                    | 85.0      | 3.0 oz   | 0.156                         |
| 23335  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                         | 85.0      | 3.0 oz   | 0.156                         |
| 23332  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw                         | 85.0      | 3.0 oz   | 0.156                         |
| 23460  | Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz   | 0.156                         |
| 13401  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                      | 85.0      | 3.0 oz   | 0.156                         |
| 10869  | Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil                                | 85.0      | 1.0 serving (3 oz)                               | 0.156                         |
| 05702  | Turkey from whole, light meat, meat and skin, with added solution, raw  | 114.0     | 4.0 oz   | 0.156                         |
| 11903  | Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids  | 256.0     | 1.0 cup  | 0.156                         |
| 11904  | Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids   | 256.0     | 1.0 cup  | 0.156                         |
| 08113  | Cereals, farina, enriched, cooked with water, without salt  | 240.0     | 1.0 cup  | 0.156                         |
| 08105  | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt | 240.0     | 1.0 cup  | 0.156                         |
| 19115  | Candies, MARS SNACKFOOD US, MARS Almond Bar   | 50.0      | 1.0 bar (1.76 oz)                                | 0.156                         |
| 18487  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores   | 52.0      | 1.0 pastry                                       | 0.156                         |
| 18488  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry  | 52.0      | 1.0 pastry                                       | 0.156                         |
| 18615  | MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry  | 41.0      | 1.0 serving                                      | 0.156                         |
| 05676  | Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised   | 95.0      | 1.0 drumstick without skin                       | 0.156                         |
| 23331  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                         | 85.0      | 3.0 oz   | 0.156                         |
| 23240  | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw                 | 85.0      | 3.0 oz   | 0.156                         |
| 23364  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                            | 85.0      | 3.0 oz   | 0.156                         |
| 23361  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw                            | 85.0      | 3.0 oz   | 0.156                         |
| 23660  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                            | 85.0      | 3.0 oz   | 0.156                         |
| 23333  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                     | 85.0      | 3.0 oz   | 0.156                         |
| 23110  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw       | 85.0      | 3.0 oz   | 0.156                         |
| 23330  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                     | 85.0      | 3.0 oz   | 0.156                         |
| 23261  | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw             | 85.0      | 3.0 oz   | 0.156                         |
| 10879  | Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted                                    | 85.0      | 3.0 oz   | 0.156                         |
| 05133  | Chicken, capons, meat and skin and giblets and neck, raw  | 85.0      | 3.0 oz   | 0.156                         |
| 05200  | Turkey, fryer-roasters, meat and skin, cooked, roasted  | 85.0      | 3.0 oz   | 0.156                         |
| 15190  | Fish, burbot, cooked, dry heat  | 90.0      | 1.0 fillet                                       | 0.155                         |
| 15091  | Fish, sea bass, mixed species, raw  | 129.0     | 1.0 fillet                                       | 0.155                         |
| 10868  | Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil                                   | 85.0      | 1.0 serving (3 oz)                               | 0.155                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 23244  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw                    | 85.0      | 3.0 oz   | 0.155                         |
| 23114  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0      | 3.0 oz   | 0.155                         |
| 23334  | Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw                          | 85.0      | 3.0 oz   | 0.155                         |
| 08211  | Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S   | 27.0      | 0.75 cup (1 NLEA serving)                        | 0.154                         |
| 20655  | Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST  | 166.0     | 1.0 cup spaghetti packed                         | 0.154                         |
| 06070  | Soup, chunky beef, canned, ready-to-serve   | 245.0     | 1.0 cup  | 0.154                         |
| 20652  | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked  | 116.0     | 1.0 cup spaghetti not packed                     | 0.154                         |
| 11510  | Sweet potato, cooked, boiled, without skin  | 328.0     | 1.0 cup, mashed                                  | 0.154                         |
| 11876  | Sweet potato, cooked, boiled, without skin, with salt   | 328.0     | 1.0 cup, mashed                                  | 0.154                         |
| 17084  | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw   | 115.0     | 1.0 serving                                      | 0.154                         |
| 05108  | Chicken, broilers or fryers, wing, meat only, cooked, stewed  | 140.0     | 1.0 cup, chopped or diced                        | 0.154                         |
| 18507  | KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles   | 35.0      | 1.0 waffle, round (4" dia) (include frozen)      | 0.154                         |
| 15193  | Fish, cusk, cooked, dry heat  | 95.0      | 1.0 fillet                                       | 0.154                         |
| 05693  | Chicken, broiler, rotisserie, BBQ, back meat only   | 85.0      | 3.0 oz   | 0.154                         |
| 10917  | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted                                 | 85.0      | 1.0 serving (3 oz)                               | 0.154                         |
| 10224  | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw   | 85.0      | 3.0 oz   | 0.154                         |
| 23055  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                         | 85.0      | 3.0 oz   | 0.154                         |
| 17387  | Lamb, New Zealand, imported, loin saddle, separable lean only, raw  | 113.0     | 4.0 oz   | 0.154                         |
| 21419  | KFC, biscuit  | 49.0      | 1.0 biscuit                                      | 0.153                         |
| 05049  | Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter   | 72.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.153                         |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack  | 210.0     | 1.0 cup  | 0.153                         |
| 11909  | Corn, sweet, white, canned, vacuum pack, no salt added  | 210.0     | 1.0 cup  | 0.153                         |
| 11773  | Corn, sweet, yellow, canned, vacuum pack, no salt added   | 210.0     | 1.0 cup  | 0.153                         |
| 11908  | Corn, sweet, white, canned, vacuum pack, regular pack   | 210.0     | 1.0 cup  | 0.153                         |
| 15201  | Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat   | 28.35     | 1.0 oz, boneless                                 | 0.153                         |
| 23073  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw                         | 85.0      | 3.0 oz   | 0.153                         |
| 13843  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                     | 85.0      | 3.0 oz   | 0.153                         |
| 19701  | Candies, semisweet chocolate, made with butter  | 170.0     | 1.0 cup chips (6 oz package)                     | 0.153                         |
| 13835  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted                         | 85.0      | 3.0 oz   | 0.153                         |
| 13832  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted                        | 85.0      | 3.0 oz   | 0.153                         |
| 13826  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted                    | 85.0      | 3.0 oz   | 0.153                         |
| 05713  | Turkey, retail parts, wing, meat only, cooked, roasted  | 85.0      | 3.0 oz   | 0.153                         |
| 23263  | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw                        | 85.0      | 3.0 oz   | 0.153                         |
| 17406  | Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried  | 85.0      | 3.0 oz   | 0.153                         |
| 10158  | USDA Commodity, pork, canned  | 85.0      | 3.0 oz   | 0.153                         |

| NDB_No | Description   | Weight(g) | Measure                            | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------------------|-------------------------------|
| 15169  | Mollusks, oyster, eastern, wild, cooked, moist heat   | 85.0      | 3.0 oz                             | 0.153                         |
| 10913  | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted                                       | 85.0      | 1.0 serving (3 oz)                 | 0.153                         |
| 15079  | Fish, salmon, chum, raw   | 85.0      | 3.0 oz                             | 0.153                         |
| 10128  | Pork, cured, breakfast strips, raw or unheated  | 85.0      | 3.0 oz                             | 0.153                         |
| 13834  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled                             | 85.0      | 3.0 oz                             | 0.153                         |
| 13916  | Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled                               | 85.0      | 3.0 oz                             | 0.153                         |
| 13066  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised  | 85.0      | 3.0 oz                             | 0.153                         |
| 23220  | Beef, ground, unspecified fat content, cooked   | 85.0      | 3.0 oz                             | 0.153                         |
| 17067  | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked                                  | 85.0      | 3.0 oz                             | 0.153                         |
| 43390  | Turkey, light or dark meat, smoked, cooked, with skin, bone removed   | 85.0      | 3.0 oz, boneless                   | 0.153                         |
| 11231  | Jute, potherb, raw  | 28.0      | 1.0 cup                            | 0.153                         |
| 05687  | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised  | 106.0     | 1.0 drumstick with skin            | 0.153                         |
| 23461  | Beef, New Zealand, imported, flat, separable lean and fat, raw  | 113.0     | 4.0 oz                             | 0.153                         |
| 06026  | Soup, chili beef, canned, condensed   | 263.0     | 1.0 cup (8 fl oz)                  | 0.153                         |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked  | 51.0      | 1.0 biscuit                        | 0.152                         |
| 03216  | Babyfood, teething biscuits   | 28.35     | 1.0 oz                             | 0.152                         |
| 05080  | Chicken, broilers or fryers, leg, meat only, raw  | 85.0      | 3.0 oz                             | 0.152                         |
| 23254  | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw                            | 85.0      | 3.0 oz                             | 0.152                         |
| 23264  | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw                                | 85.0      | 3.0 oz                             | 0.152                         |
| 13800  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked                           | 85.0      | 3.0 oz                             | 0.152                         |
| 13398  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                      | 85.0      | 3.0 oz                             | 0.152                         |
| 05680  | Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised  | 95.0      | 1.0 drumstick without skin         | 0.152                         |
| 83110  | Fish, mackerel, salted  | 80.0      | 1.0 piece (5-1/2" x 1-1/2" x 1/2") | 0.152                         |
| 19393  | Frozen yogurts, chocolate, soft-serve   | 72.0      | 0.5 cup (4 fl oz)                  | 0.152                         |
| 21480  | DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked   | 155.0     | 1.0 slice 1/4 of pie               | 0.152                         |
| 18120  | Cake, pound, commercially prepared, butter (includes fresh and frozen)  | 61.0      | 0.167 loaf 1/6 of the loaf         | 0.152                         |
| 43449  | Beans, baked, canned, no salt added   | 253.0     | 1.0 cup                            | 0.152                         |
| 15092  | Fish, sea bass, mixed species, cooked, dry heat   | 101.0     | 1.0 fillet                         | 0.152                         |
| 08173  | Cereals, farina, enriched, cooked with water, with salt   | 233.0     | 1.0 cup                            | 0.151                         |
| 16053  | Broadbeans (fava beans), mature seeds, cooked, boiled, without salt   | 170.0     | 1.0 cup                            | 0.151                         |
| 13810  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                          | 85.0      | 3.0 oz                             | 0.151                         |
| 10888  | Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated   | 85.0      | 3.0 oz                             | 0.151                         |
| 23113  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0      | 3.0 oz                             | 0.151                         |
| 16353  | Broadbeans (fava beans), mature seeds, cooked, boiled, with salt  | 170.0     | 1.0 cup                            | 0.151                         |
| 11649  | Tomato products, canned, sauce, spanish style   | 244.0     | 1.0 cup                            | 0.151                         |

| NDB_No | Description   | Weight(g) | Measure                              | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------------------|-------------------------------|
| 11555  | Tomato products, canned, sauce, with herbs and cheese   | 122.0     | 0.5 cup                              | 0.151                         |
| 11148  | Chard, swiss, cooked, boiled, drained, without salt   | 175.0     | 1.0 cup, chopped                     | 0.150                         |
| 28384  | PEPPERIDGE FARM, Farmhouse Sourdough Bread  | 43.0      | 1.0 serving                          | 0.150                         |
| 11765  | Chard, swiss, cooked, boiled, drained, with salt  | 175.0     | 1.0 cup, chopped                     | 0.150                         |
| 08691  | Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry   | 70.0      | 1.0 package (1 NLEA serving)         | 0.150                         |
| 15274  | Fish, trout, brook, raw, New York State   | 149.0     | 1.0 filet                            | 0.150                         |
| 10920  | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil                   | 85.0      | 1.0 serving (3 oz)                   | 0.150                         |
| 23559  | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled  | 85.0      | 3.0 oz                               | 0.150                         |
| 05668  | Ground turkey, 85% lean, 15% fat, raw   | 85.0      | 1.0 patty (cooked from 4 oz raw)     | 0.150                         |
| 23579  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 23569  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 23479  | Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 23574  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 05062  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw  | 85.0      | 3.0 oz                               | 0.150                         |
| 13496  | Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled  | 85.0      | 3.0 oz                               | 0.150                         |
| 23564  | Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 23474  | Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 12195  | Nuts, almond butter, plain, without salt added  | 16.0      | 1.0 tbsp                             | 0.150                         |
| 12695  | Nuts, almond butter, plain, with salt added   | 16.0      | 1.0 tbsp                             | 0.150                         |
| 21443  | POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed                                   | 44.0      | 1.0 drumstick, bone and skin removed | 0.150                         |
| 01052  | Cream, fluid, light whipping  | 120.0     | 1.0 cup, whipped                     | 0.150                         |
| 11414  | Potato salad, home-prepared   | 250.0     | 1.0 cup                              | 0.150                         |
| 03840  | Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA | 30.8      | 1.0 fl oz                            | 0.150                         |
| 18300  | Pancakes, whole-wheat, dry mix, incomplete, prepared  | 28.35     | 1.0 oz                               | 0.150                         |
| 03991  | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA                         | 153.0     | 5.0 fl oz                            | 0.150                         |
| 06121  | Gravy, mushroom, canned   | 238.0     | 1.0 cup                              | 0.150                         |
| 11092  | Broccoli, frozen, chopped, unprepared   | 156.0     | 1.0 cup                              | 0.150                         |
| 11215  | Garlic, raw   | 136.0     | 1.0 cup                              | 0.150                         |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 13497  | Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled   | 85.0      | 3.0 oz                               | 0.150                         |
| 23478  | Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled  | 85.0      | 3.0 oz                               | 0.150                         |
| 23045  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw                 | 85.0      | 3.0 oz                               | 0.150                         |
| 13317  | Beef, ground, patties, frozen, cooked, broiled  | 85.0      | 3.0 oz                               | 0.150                         |
| 05691  | Chicken, dark meat, thigh, meat and skin, with added solution, raw  | 85.0      | 3.0 oz                               | 0.150                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>                      | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|-------------------------------------|---------------------------------------|
| 23563         | Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled   | 85.0             | 3.0 oz                              | 0.150                                 |
| 23473         | Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled  | 85.0             | 3.0 oz                              | 0.150                                 |
| 23578         | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled   | 85.0             | 3.0 oz                              | 0.150                                 |
| 23558         | Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled  | 85.0             | 3.0 oz                              | 0.150                                 |
| 11358         | Potatoes, red, flesh and skin, baked  | 299.0            | 1.0 potato large (3" to 4-1/4" dia. | 0.150                                 |
| 22900         | Ravioli, meat-filled, with tomato sauce or meat sauce, canned   | 262.0            | 1.0 cup                             | 0.149                                 |
| 08161         | Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt                                     | 257.0            | 1.0 cup                             | 0.149                                 |
| 08091         | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt                                  | 257.0            | 1.0 cup                             | 0.149                                 |
| 11743         | Broccoli, frozen, chopped, cooked, boiled, drained, with salt   | 184.0            | 1.0 cup                             | 0.149                                 |
| 11093         | Broccoli, frozen, chopped, cooked, boiled, drained, without salt  | 184.0            | 1.0 cup                             | 0.149                                 |
| 35147         | Tamales (Navajo)  | 186.0            | 1.0 piece                           | 0.149                                 |
| 10918         | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted                                | 85.0             | 1.0 serving (3 oz)                  | 0.149                                 |
| 05704         | Turkey, whole, meat only, with added solution, raw  | 85.0             | 3.0 oz                              | 0.149                                 |
| 23007         | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw                                  | 85.0             | 3.0 oz                              | 0.149                                 |
| 09282         | Plums, canned, purple, juice pack, solids and liquids   | 252.0            | 1.0 cup, pitted                     | 0.149                                 |
| 36409         | Restaurant, Latino, pupusas con queso (pupusas, cheese)   | 117.0            | 1.0 piece                           | 0.149                                 |
| 19362         | Syrups, table blends, corn, refiner, and sugar  | 316.0            | 1.0 cup                             | 0.149                                 |
| 28312         | Rolls, hamburger or hot dog, wheat/cracked wheat  | 51.0             | 1.0 roll                            | 0.148                                 |
| 01127         | Egg, yolk, raw, frozen, sugared, pasteurized  | 28.35            | 1.0 oz                              | 0.148                                 |
| 11990         | Wasabi, root, raw   | 130.0            | 1.0 cup, sliced                     | 0.148                                 |
| 11236         | Kale, frozen, cooked, boiled, drained, without salt   | 130.0            | 1.0 cup, chopped                    | 0.148                                 |
| 11791         | Kale, frozen, cooked, boiled, drained, with salt  | 130.0            | 1.0 cup, chopped                    | 0.148                                 |
| 14227         | Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink   | 247.0            | 8.0 fl oz                           | 0.148                                 |
| 19236         | Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES   | 39.0             | 17.0 pieces                         | 0.148                                 |
| 19271         | Ice creams, strawberry  | 58.0             | 1.0 individual (3.5 fl oz)          | 0.148                                 |
| 11499         | Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids   | 255.0            | 1.0 cup                             | 0.148                                 |
| 23115         | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0             | 3.0 oz                              | 0.148                                 |
| 13869         | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                | 85.0             | 3.0 oz                              | 0.148                                 |
| 10915         | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil                                | 85.0             | 1.0 serving (3 oz)                  | 0.148                                 |
| 03839         | Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA                         | 30.5             | 1.0 fl oz                           | 0.148                                 |
| 08316         | Cereals, QUAKER, hominy grits, white, regular, dry  | 41.0             | 0.25 cup (1 NLEA serving)           | 0.148                                 |
| 17174         | Game meat, muskrat, raw   | 28.35            | 1.0 oz                              | 0.147                                 |
| 01006         | Cheese, brie  | 28.35            | 1.0 oz                              | 0.147                                 |
| 16002         | Beans, adzuki, mature seeds, cooked, boiled, without salt   | 230.0            | 1.0 cup                             | 0.147                                 |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 16302  | Beans, adzuki, mature seed, cooked, boiled, with salt  | 230.0     | 1.0 cup   | 0.147                         |
| 19375  | Frostings, glaze, prepared-from-recipe   | 327.0     | 1.0 recipe yield                                | 0.147                         |
| 10914  | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted             | 85.0      | 1.0 serving (3 oz)                              | 0.147                         |
| 13404  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0      | 3.0 oz  | 0.147                         |
| 13896  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled  | 85.0      | 3.0 oz  | 0.147                         |
| 13425  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted       | 85.0      | 3.0 oz  | 0.147                         |
| 06194  | Soup, chicken broth, ready-to-serve  | 249.0     | 1.0 cup   | 0.147                         |
| 43273  | Cheese, cottage, with vegetables   | 113.0     | 4.0 oz  | 0.147                         |
| 43396  | Cheese, cottage, lowfat, 1% milkfat, with vegetables   | 113.0     | 4.0 oz  | 0.147                         |
| 05192  | Turkey, all classes, breast, meat and skin, cooked, roasted  | 112.0     | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.147                         |
| 18344  | Rolls, dinner, egg   | 28.35     | 1.0 oz  | 0.147                         |
| 01171  | Egg, whole, raw, frozen, pasteurized   | 28.0      | 1.0 oz  | 0.146                         |
| 11172  | Corn, sweet, yellow, canned, whole kernel, drained solids  | 164.0     | 1.0 cup   | 0.146                         |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve  | 243.0     | 1.0 cup (8 fl oz)                               | 0.146                         |
| 07077  | Smoked link sausage, pork and beef, nonfat dry milk added  | 68.0      | 1.0 link (4" long x 1-1/8" dia)                 | 0.146                         |
| 18972  | Bread, cheese  | 48.0      | 1.0 slice                                       | 0.145                         |
| 13806  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised   | 85.0      | 3.0 oz  | 0.145                         |
| 23576  | Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked   | 85.0      | 3.0 oz  | 0.145                         |
| 23475  | Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked  | 85.0      | 3.0 oz  | 0.145                         |
| 13373  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised   | 85.0      | 3.0 oz  | 0.145                         |
| 05109  | Chicken, roasting, meat and skin and giblets and neck, raw   | 85.0      | 3.0 oz  | 0.145                         |
| 23566  | Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked   | 85.0      | 3.0 oz  | 0.145                         |
| 13495  | Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked   | 85.0      | 3.0 oz  | 0.145                         |
| 10919  | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted          | 85.0      | 1.0 serving (3 oz)                              | 0.145                         |
| 23480  | Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked  | 85.0      | 3.0 oz  | 0.145                         |
| 23561  | Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked  | 85.0      | 3.0 oz  | 0.145                         |
| 23581  | Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked   | 85.0      | 3.0 oz  | 0.145                         |
| 23571  | Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked   | 85.0      | 3.0 oz  | 0.145                         |
| 11512  | Sweet potato, canned, vacuum pack  | 255.0     | 1.0 cup, mashed                                 | 0.145                         |
| 07958  | Turkey sausage, fresh, cooked  | 57.0      | 1.0 serving                                     | 0.145                         |
| 11913  | Corn, sweet, white, frozen, kernels on cob, unprepared   | 165.0     | 1.0 cup kernels                                 | 0.145                         |
| 11180  | Corn, sweet, yellow, frozen, kernels on cob, unprepared  | 165.0     | 1.0 cup kernels                                 | 0.145                         |
| 09245  | Peaches, dehydrated (low-moisture), sulfured, stewed   | 242.0     | 1.0 cup   | 0.145                         |
| 11593  | Waxgourd, (chinese preserving melon), raw  | 132.0     | 1.0 cup, cubes                                  | 0.145                         |
| 09002  | Acerola juice, raw   | 242.0     | 1.0 cup   | 0.145                         |
| 16008  | Beans, baked, canned, with franks  | 259.0     | 1.0 cup   | 0.145                         |

| NDB_No | Description  | Weight(g) | Measure                               | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------------------|-------------------------------|
| 18955  | Bread, pan dulce, sweet yeast bread  | 63.0      | 1.0 slice (average weight of 1 slice) | 0.145                         |
| 01124  | Egg, white, raw, fresh   | 33.0      | 1.0 large                             | 0.145                         |
| 17363  | Lamb, New Zealand, imported, chump, boneless, separable lean only, raw                                     | 113.0     | 4.0 oz                                | 0.145                         |
| 17412  | Lamb, New Zealand, imported, neck chops, separable lean and fat, raw                                       | 113.0     | 4.0 oz                                | 0.145                         |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt  | 198.0     | 1.0 cup                               | 0.145                         |
| 16370  | Lentils, mature seeds, cooked, boiled, with salt   | 198.0     | 1.0 cup                               | 0.145                         |
| 13825  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled     | 85.0      | 3.0 oz                                | 0.145                         |
| 15051  | Fish, mackerel, spanish, raw   | 85.0      | 3.0 oz                                | 0.145                         |
| 13828  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled         | 85.0      | 3.0 oz                                | 0.145                         |
| 07965  | Pork sausage, link/patty, reduced fat, unprepared  | 85.0      | 3.0 oz                                | 0.145                         |
| 15093  | Fish, seatrout, mixed species, raw   | 85.0      | 3.0 oz                                | 0.145                         |
| 05706  | Turkey, whole, meat and skin, with added solution, raw   | 85.0      | 3.0 oz                                | 0.145                         |
| 05307  | Chicken, cornish game hens, meat and skin, raw   | 85.0      | 3.0 oz                                | 0.145                         |
| 23080  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                   | 85.0      | 3.0 oz                                | 0.145                         |
| 23093  | Beef, chuck for stew, separable lean and fat, all grades, raw  | 85.0      | 3.0 oz                                | 0.145                         |
| 13829  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted         | 85.0      | 3.0 oz                                | 0.145                         |
| 13974  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw | 85.0      | 3.0 oz                                | 0.145                         |
| 13347  | Beef, cured, corned beef, brisket, cooked  | 85.0      | 3.0 oz                                | 0.145                         |
| 15024  | Fish, drum, freshwater, raw  | 85.0      | 3.0 oz                                | 0.145                         |
| 23094  | Beef, chuck for stew, separable lean and fat, select, raw  | 85.0      | 3.0 oz                                | 0.145                         |
| 23030  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw              | 85.0      | 3.0 oz                                | 0.145                         |
| 13848  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled       | 85.0      | 3.0 oz                                | 0.145                         |
| 13411  | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted          | 85.0      | 3.0 oz                                | 0.145                         |
| 13861  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted     | 85.0      | 3.0 oz                                | 0.145                         |
| 17179  | Game meat, rabbit, domesticated, composite of cuts, cooked, stewed   | 85.0      | 3.0 oz                                | 0.145                         |
| 05136  | Chicken, capons, meat and skin, cooked, roasted  | 85.0      | 3.0 oz                                | 0.145                         |
| 17006  | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked       | 85.0      | 3.0 oz                                | 0.145                         |
| 23079  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw                       | 85.0      | 3.0 oz                                | 0.145                         |
| 23095  | Beef, chuck for stew, separable lean and fat, choice, raw  | 85.0      | 3.0 oz                                | 0.145                         |
| 13831  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled         | 85.0      | 3.0 oz                                | 0.145                         |
| 20127  | Spaghetti, spinach, cooked   | 140.0     | 1.0 cup                               | 0.144                         |
| 05104  | Chicken, broilers or fryers, wing, meat and skin, cooked, stewed   | 140.0     | 1.0 cup, chopped or diced             | 0.144                         |
| 16039  | Beans, navy, mature seeds, canned  | 262.0     | 1.0 cup                               | 0.144                         |
| 11302  | Peas, edible-podded, frozen, unprepared  | 144.0     | 1.0 cup                               | 0.144                         |
| 23245  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw         | 85.0      | 3.0 oz                                | 0.144                         |
| 11356  | Potatoes, Russet, flesh and skin, baked  | 299.0     | 1.0 potato large (3" to 4-1/4" dia.   | 0.144                         |

| NDB_No | Description   | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------------|-------------------------------|
| 11207  | Dandelion greens, raw   | 55.0      | 1.0 cup, chopped             | 0.143                         |
| 15235  | Fish, catfish, channel, farmed, cooked, dry heat  | 143.0     | 1.0 fillet                   | 0.143                         |
| 28377  | PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns  | 51.0      | 1.0 serving                  | 0.143                         |
| 23128  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                     | 85.0      | 3.0 oz                       | 0.143                         |
| 23129  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                         | 85.0      | 3.0 oz                       | 0.143                         |
| 20032  | Millet, cooked  | 174.0     | 1.0 cup                      | 0.143                         |
| 20089  | Wild rice, cooked   | 164.0     | 1.0 cup                      | 0.143                         |
| 07052  | Pastrami, turkey  | 57.0      | 2.0 slices                   | 0.142                         |
| 35205  | Stinging Nettles, blanched (Northern Plains Indians)  | 89.0      | 1.0 cup                      | 0.142                         |
| 23501  | USDA Commodity, beef patties with VPP, frozen, cooked   | 68.0      | 1.0 patty                    | 0.142                         |
| 14278  | Beverages, tea, green, brewed, regular  | 245.0     | 1.0 cup                      | 0.142                         |
| 16534  | WORTHINGTON Stakelets, frozen, unprepared   | 71.0      | 1.0 piece                    | 0.142                         |
| 16549  | MORNINGSTAR FARMS Grillers Prime, frozen, unprepared  | 71.0      | 1.0 burger                   | 0.142                         |
| 23102  | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz                       | 0.142                         |
| 23103  | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw     | 85.0      | 3.0 oz                       | 0.142                         |
| 23078  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                              | 85.0      | 3.0 oz                       | 0.142                         |
| 17413  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted      | 85.0      | 3.0 oz                       | 0.142                         |
| 05123  | Chicken, stewing, meat and skin, raw  | 85.0      | 3.0 oz                       | 0.142                         |
| 23104  | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw     | 85.0      | 3.0 oz                       | 0.142                         |
| 15143  | Crustaceans, crab, dungeness, raw   | 85.0      | 3.0 oz                       | 0.142                         |
| 23130  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw                         | 85.0      | 3.0 oz                       | 0.142                         |
| 05748  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised           | 85.0      | 3.0 oz                       | 0.142                         |
| 36045  | ON THE BORDER, refried beans  | 135.0     | 1.0 cup                      | 0.142                         |
| 12142  | Nuts, pecans  | 109.0     | 1.0 cup, chopped             | 0.142                         |
| 09190  | Mulberries, raw   | 140.0     | 1.0 cup                      | 0.141                         |
| 36604  | CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu  | 103.0     | 1.0 serving                  | 0.141                         |
| 15170  | Mollusks, oyster, eastern, canned   | 85.0      | 3.0 oz                       | 0.141                         |
| 13284  | Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw                        | 85.0      | 3.0 oz                       | 0.141                         |
| 23138  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw              | 85.0      | 3.0 oz                       | 0.141                         |
| 08692  | Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry   | 75.0      | 1.0 package (1 NLEA serving) | 0.141                         |
| 21472  | Fast Foods, Fried Chicken, Wing, meat and skin and breading   | 58.0      | 1.0 wing, with skin          | 0.141                         |
| 15103  | Fish, spot, raw   | 64.0      | 1.0 fillet                   | 0.141                         |
| 43447  | Snacks, corn-based, extruded, chips, unsalted   | 88.0      | 1.0 cup, crushed             | 0.141                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 07922  | Bratwurst, beef and pork, smoked   | 66.0      | 1.0 serving 2.33 oz                              | 0.141                         |
| 13596  | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw                  | 85.0      | 3.0 oz   | 0.140                         |
| 05710  | Turkey, retail parts, breast, meat only, raw   | 85.0      | 3.0 oz   | 0.140                         |
| 13597  | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw                  | 85.0      | 3.0 oz   | 0.140                         |
| 13595  | Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw               | 85.0      | 3.0 oz   | 0.140                         |
| 22902  | Pizza, meat topping, thick crust, frozen, cooked   | 103.0     | 1.0 slice 1/8 of 12" pizza                       | 0.140                         |
| 03981  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEUSE, Toddler, ready-to-feed                       | 152.0     | 5.0 fl oz  | 0.140                         |
| 08106  | Cereals, CREAM OF WHEAT, instant, dry  | 11.5      | 1.0 tbsp   | 0.140                         |
| 11274  | Mustard spinach, (tendergreen), raw  | 150.0     | 1.0 cup, chopped                                 | 0.139                         |
| 07928  | Sausage, chicken, beef, pork, skinless, smoked   | 84.0      | 1.0 link   | 0.139                         |
| 13875  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised   | 85.0      | 3.0 oz   | 0.139                         |
| 20037  | Rice, brown, long-grain, cooked  | 202.0     | 1.0 cup  | 0.139                         |
| 21610  | School Lunch, chicken patty, whole grain breaded   | 86.0      | 1.0 patty  | 0.139                         |
| 14260  | Beverages, tea, green, brewed, decaffeinated   | 240.0     | 240.0 ml   | 0.139                         |
| 19898  | Ice creams, regular, low carbohydrate, vanilla   | 58.0      | 1.0 individual (3.5 fl oz)                       | 0.139                         |
| 36623  | Restaurant, Chinese, chicken chow mein   | 604.0     | 1.0 order  | 0.139                         |
| 17168  | Goat, raw  | 28.35     | 1.0 oz   | 0.139                         |
| 18289  | Pancakes, plain, dry mix, complete (includes buttermilk)   | 52.0      | 0.333 cup  | 0.139                         |
| 08054  | Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey                                | 48.0      | 0.5 cup (1 NLEA serving)                         | 0.139                         |
| 15116  | Fish, trout, rainbow, wild, cooked, dry heat   | 143.0     | 1.0 fillet                                       | 0.139                         |
| 11222  | Drumstick leaves, raw  | 21.0      | 1.0 cup, chopped                                 | 0.139                         |
| 20654  | Pasta, gluten-free, brown rice flour, cooked, TINKYADA   | 169.0     | 1.0 cup spaghetti not packed                     | 0.139                         |
| 13456  | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                | 85.0      | 3.0 oz   | 0.139                         |
| 13814  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised         | 85.0      | 3.0 oz   | 0.139                         |
| 13893  | Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled   | 85.0      | 3.0 oz   | 0.139                         |
| 01007  | Cheese, camembert  | 28.35     | 1.0 oz   | 0.138                         |
| 05081  | Chicken, broilers or fryers, leg, meat only, cooked, fried   | 56.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.138                         |
| 03061  | Babyfood, dinner, vegetables and ham, strained   | 256.0     | 1.0 cup  | 0.138                         |
| 28351  | Cookies, Marie biscuit   | 28.0      | 5.0 cookie                                       | 0.138                         |
| 17076  | Lamb, New Zealand, imported, loin chop, separable lean and fat, raw                                      | 115.0     | 1.0 serving                                      | 0.138                         |
| 23438  | Beef, New Zealand, imported, sweetbread, raw   | 113.0     | 4.0 oz   | 0.138                         |
| 23137  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz   | 0.138                         |
| 08573  | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry   | 33.0      | 3.0 tablespoon (1 NLEA serving)                  | 0.138                         |
| 10121  | Pork, fresh, variety meats and by-products, tongue, raw  | 28.35     | 1.0 oz   | 0.137                         |
| 18086  | Cake, angelfood, commercially prepared   | 28.0      | 1.0 piece (1/12 of 12 oz cake)                   | 0.137                         |
| 15131  | Fish, whitefish, mixed species, smoked   | 136.0     | 1.0 cup, cooked                                  | 0.137                         |

| NDB_No | Description  | Weight(g) | Measure              | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------|-------------------------------|
| 11863  | Squash, winter, all varieties, cooked, baked, with salt  | 205.0     | 1.0 cup, cubes       | 0.137                         |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt   | 205.0     | 1.0 cup, cubes       | 0.137                         |
| 14347  | Shake, fast food, vanilla  | 20.8      | 1.0 fl oz            | 0.137                         |
| 03192  | Babyfood, cereal, oatmeal, with applesauce and bananas, junior   | 28.35     | 1.0 oz               | 0.137                         |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter                                       | 245.0     | 1.0 cup (unprepared) | 0.137                         |
| 25055  | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX   | 35.0      | 1.0 bar              | 0.137                         |
| 12119  | Nuts, coconut water (liquid from coconuts)   | 240.0     | 1.0 cup              | 0.137                         |
| 09011  | Apples, dried, sulfured, uncooked  | 86.0      | 1.0 cup              | 0.137                         |
| 23429  | Beef, New Zealand, imported, oyster blade, separable lean only, raw  | 113.0     | 4.0 oz               | 0.137                         |
| 19804  | Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour                            | 28.35     | 1.0 oz               | 0.136                         |
| 17164  | Game meat, deer, raw   | 28.35     | 1.0 oz               | 0.136                         |
| 07939  | Frankfurter, pork  | 76.0      | 1.0 link             | 0.136                         |
| 22954  | Egg rolls, chicken, refrigerated, heated   | 80.0      | 1.0 roll             | 0.136                         |
| 28306  | Bread, chapati or roti, plain, commercially prepared   | 68.0      | 1.0 piece            | 0.136                         |
| 15064  | Fish, pike, walleye, raw   | 85.0      | 3.0 oz               | 0.136                         |
| 15112  | Fish, tilefish, raw  | 85.0      | 3.0 oz               | 0.136                         |
| 15080  | Fish, salmon, chum, canned, drained solids with bone   | 85.0      | 3.0 oz               | 0.136                         |
| 15180  | Fish, salmon, chum, canned, without salt, drained solids with bone   | 85.0      | 3.0 oz               | 0.136                         |
| 43345  | Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie            | 2.0       | 1.0 tsp              | 0.136                         |
| 23507  | USDA Commodity, beef, patties (100%), frozen, raw  | 85.0      | 3.0 oz               | 0.136                         |
| 13880  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted         | 85.0      | 3.0 oz               | 0.136                         |
| 13972  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz               | 0.136                         |
| 13845  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled          | 85.0      | 3.0 oz               | 0.136                         |
| 13842  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled          | 85.0      | 3.0 oz               | 0.136                         |
| 13858  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted        | 85.0      | 3.0 oz               | 0.136                         |
| 13839  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled      | 85.0      | 3.0 oz               | 0.136                         |
| 13855  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted        | 85.0      | 3.0 oz               | 0.136                         |
| 13852  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted    | 85.0      | 3.0 oz               | 0.136                         |
| 28321  | Rolls, hamburger, whole grain white, calcium-fortified   | 43.0      | 1.0 piece roll       | 0.136                         |
| 06411  | Soup, cheese, canned, prepared with equal volume water   | 247.0     | 1.0 cup (8 fl oz)    | 0.136                         |
| 09052  | Blueberries, canned, heavy syrup, solids and liquids   | 256.0     | 1.0 cup              | 0.136                         |
| 11906  | Corn, sweet, white, canned, cream style, regular pack  | 256.0     | 1.0 cup              | 0.136                         |
| 11907  | Corn, sweet, white, canned, cream style, no salt added   | 256.0     | 1.0 cup              | 0.136                         |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack   | 256.0     | 1.0 cup              | 0.136                         |
| 11772  | Corn, sweet, yellow, canned, cream style, no salt added  | 256.0     | 1.0 cup              | 0.136                         |

| NDB_No | Description  | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------------|-------------------------------|
| 11741  | Broccoli, stalks, raw  | 114.0     | 1.0 stalk                  | 0.136                         |
| 17414  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw                | 113.0     | 4.0 oz                     | 0.136                         |
| 18364  | Tortillas, ready-to-bake or -fry, flour, refrigerated  | 48.0      | 1.0 tortilla               | 0.135                         |
| 11240  | Mushrooms, morel, raw  | 66.0      | 1.0 cup                    | 0.135                         |
| 13375  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised             | 85.0      | 3.0 oz                     | 0.135                         |
| 15082  | Fish, salmon, coho, wild, cooked, moist heat   | 85.0      | 3.0 oz                     | 0.135                         |
| 13490  | Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled    | 85.0      | 3.0 oz                     | 0.135                         |
| 11816  | Peas and carrots, canned, no salt added, solids and liquids  | 255.0     | 1.0 cup                    | 0.135                         |
| 11318  | Peas and carrots, canned, regular pack, solids and liquids   | 255.0     | 1.0 cup                    | 0.135                         |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt                  | 233.0     | 1.0 cup                    | 0.135                         |
| 08165  | Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt                        | 233.0     | 1.0 cup                    | 0.135                         |
| 16384  | Mungo beans, mature seeds, cooked, boiled, with salt   | 180.0     | 1.0 cup                    | 0.135                         |
| 21143  | CHICK-FIL-A, Chick-n-Strips  | 50.0      | 1.0 strip                  | 0.135                         |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)   | 150.0     | 1.0 cup                    | 0.135                         |
| 16084  | Mungo beans, mature seeds, cooked, boiled, without salt  | 180.0     | 1.0 cup                    | 0.135                         |
| 20028  | Couscous, dry  | 173.0     | 1.0 cup                    | 0.135                         |
| 23441  | Beef, New Zealand, imported, tenderloin, separable lean only, raw  | 113.0     | 4.0 oz                     | 0.134                         |
| 42258  | Cheese product, pasteurized process, cheddar, reduced fat  | 28.0      | 1.0 slice 1 oz             | 0.134                         |
| 21485  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust   | 79.0      | 1.0 slice                  | 0.134                         |
| 13950  | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised               | 85.0      | 3.0 oz                     | 0.134                         |
| 13055  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised             | 85.0      | 3.0 oz                     | 0.134                         |
| 16554  | MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared  | 67.0      | 1.0 burger                 | 0.134                         |
| 15216  | Fish, spot, cooked, dry heat   | 50.0      | 1.0 fillet                 | 0.134                         |
| 16606  | MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared   | 67.0      | 1.0 Burger                 | 0.134                         |
| 22123  | MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared  | 67.0      | 1.0 burger                 | 0.134                         |
| 11312  | Peas, green, frozen, unprepared  | 134.0     | 1.0 cup                    | 0.134                         |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery                              | 144.0     | 1.0 piece (1/12 of a cake) | 0.134                         |
| 15067  | Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)                                  | 60.0      | 1.0 fillet                 | 0.134                         |
| 20466  | Semolina, unenriched   | 167.0     | 1.0 cup                    | 0.134                         |
| 09109  | Gooseberries, canned, light syrup pack, solids and liquids   | 252.0     | 1.0 cup                    | 0.134                         |
| 11613  | Borage, raw  | 89.0      | 1.0 cup (1" pieces)        | 0.134                         |
| 13973  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0      | 3.0 oz                     | 0.133                         |
| 13408  | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted      | 85.0      | 3.0 oz                     | 0.133                         |
| 23139  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw       | 85.0      | 3.0 oz                     | 0.133                         |
| 05732  | Turkey, retail parts, breast, meat and skin, raw   | 85.0      | 3.0 oz                     | 0.133                         |
| 07955  | Turkey sausage, fresh, raw   | 57.0      | 1.0 serving                | 0.133                         |

| NDB_No | Description   | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------------|-------------------------------|
| 23466  | Beef, New Zealand, imported, rump centre, separable lean only, raw  | 113.0     | 4.0 oz                       | 0.133                         |
| 23471  | Beef, New Zealand, imported, tenderloin, separable lean and fat, raw  | 113.0     | 4.0 oz                       | 0.133                         |
| 08314  | Cereals, QUAKER, hominy grits, white, quick, dry  | 37.0      | 0.25 cup                     | 0.133                         |
| 03073  | Babyfood, dinner, vegetables chicken, strained  | 256.0     | 1.0 cup                      | 0.133                         |
| 11616  | Dock, raw   | 133.0     | 1.0 cup, chopped             | 0.133                         |
| 18236  | Cracker meal  | 28.35     | 1.0 oz                       | 0.133                         |
| 21437  | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading  | 60.0      | 1.0 wing, with skin          | 0.133                         |
| 21261  | TACO BELL, Soft Taco with beef, cheese and lettuce  | 102.0     | 1.0 each taco                | 0.133                         |
| 21486  | Fast foods, taco with beef, cheese and lettuce, soft  | 102.0     | 1.0 each taco                | 0.133                         |
| 07970  | Kielbasa, fully cooked, unheated  | 85.0      | 3.0 oz                       | 0.133                         |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins                | 51.0      | 0.5 cup (1 NLEA serving)     | 0.133                         |
| 11424  | Pumpkin, canned, without salt   | 245.0     | 1.0 cup                      | 0.132                         |
| 11846  | Pumpkin, canned, with salt  | 245.0     | 1.0 cup                      | 0.132                         |
| 11050  | Beans, shellie, canned, solids and liquids  | 245.0     | 1.0 cup                      | 0.132                         |
| 23440  | Beef, New Zealand, imported, oyster blade, separable lean and fat, raw  | 113.0     | 4.0 oz                       | 0.132                         |
| 23467  | Beef, New Zealand, imported, rump centre, separable lean and fat, raw   | 113.0     | 4.0 oz                       | 0.132                         |
| 11531  | Tomatoes, red, ripe, canned, packed in tomato juice   | 240.0     | 1.0 cup                      | 0.132                         |
| 11885  | Tomatoes, red, ripe, canned, packed in tomato juice, no salt added  | 240.0     | 1.0 cup                      | 0.132                         |
| 21483  | Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust  | 88.0      | 1.0 slice                    | 0.132                         |
| 15069  | Fish, pompano, florida, cooked, dry heat  | 88.0      | 1.0 fillet                   | 0.132                         |
| 13453  | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled                  | 85.0      | 3.0 oz                       | 0.132                         |
| 13424  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted            | 85.0      | 3.0 oz                       | 0.132                         |
| 13454  | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                 | 85.0      | 3.0 oz                       | 0.132                         |
| 15236  | Fish, salmon, Atlantic, farmed, raw   | 85.0      | 3.0 oz                       | 0.132                         |
| 13455  | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                     | 85.0      | 3.0 oz                       | 0.132                         |
| 13791  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw | 85.0      | 3.0 oz                       | 0.132                         |
| 11197  | Cowpeas, young pods with seeds, raw   | 94.0      | 1.0 cup                      | 0.132                         |
| 07912  | Roast beef spread   | 57.0      | 1.0 serving .25 cup          | 0.131                         |
| 22914  | Pasta with tomato sauce, no meat, canned  | 252.0     | 1.0 serving (1 NLEA serving) | 0.131                         |
| 13047  | Beef, grass-fed, ground, raw  | 85.0      | 1.0 serving                  | 0.131                         |
| 13904  | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                | 85.0      | 3.0 oz                       | 0.131                         |
| 13983  | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw                    | 85.0      | 3.0 oz                       | 0.131                         |
| 15210  | Fish, salmon, chinook, cooked, dry heat   | 85.0      | 3.0 oz                       | 0.131                         |
| 15223  | Fish, whitefish, mixed species, cooked, dry heat  | 85.0      | 3.0 oz                       | 0.131                         |
| 13975  | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                    | 85.0      | 3.0 oz                       | 0.131                         |

| NDB_No | Description   | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------------------|-------------------------------|
| 13342  | Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw                               | 85.0      | 3.0 oz                              | 0.131                         |
| 13900  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0      | 3.0 oz                              | 0.131                         |
| 18350  | Rolls, hamburger or hotdog, plain   | 44.0      | 1.0 roll 1 serving                  | 0.131                         |
| 16029  | Beans, kidney, all types, mature seeds, canned  | 256.0     | 1.0 cup                             | 0.131                         |
| 01237  | Ice cream, bar or stick, chocolate covered  | 50.0      | 1.0 bar                             | 0.130                         |
| 10115  | Pork, fresh, variety meats and by-products, pancreas, raw   | 28.35     | 1.0 oz                              | 0.130                         |
| 06011  | Soup, cheese, canned, condensed   | 124.0     | 0.5 cup                             | 0.130                         |
| 05118  | Chicken, roasting, light meat, meat only, cooked, roasted   | 140.0     | 1.0 cup, chopped or diced           | 0.130                         |
| 17370  | Lamb, New Zealand, imported, ground lamb, cooked, braised   | 85.0      | 3.0 oz                              | 0.130                         |
| 13414  | Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted    | 85.0      | 3.0 oz                              | 0.130                         |
| 09320  | Strawberries, frozen, sweetened, sliced   | 255.0     | 1.0 cup, thawed                     | 0.130                         |
| 05154  | Pheasant, raw, meat only  | 85.0      | 3.0 oz                              | 0.130                         |
| 05103  | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted                                   | 85.0      | 1.0 piece                           | 0.130                         |
| 07005  | Blood sausage   | 100.0     | 4.0 slices                          | 0.130                         |
| 20132  | Oat flour, partially debranned  | 104.0     | 1.0 cup                             | 0.130                         |
| 11203  | Cress, garden, raw  | 50.0      | 1.0 cup                             | 0.130                         |
| 09531  | Fruit juice smoothie, NAKED JUICE, strawberry banana  | 228.0     | 1.0 cup                             | 0.130                         |
| 23417  | Beef, New Zealand, imported, hind shin, separable lean only, raw                                    | 113.0     | 4.0 oz                              | 0.130                         |
| 12120  | Nuts, hazelnuts or filberts   | 115.0     | 1.0 cup, chopped                    | 0.130                         |
| 11655  | Carrot juice, canned  | 236.0     | 1.0 cup                             | 0.130                         |
| 32007  | Taquitos, frozen, beef and cheese, oven-heated  | 42.0      | 1.0 piece                           | 0.130                         |
| 28352  | Cookies, vanilla sandwich with creme filling, reduced fat   | 48.0      | 1.0 serving cookie                  | 0.130                         |
| 19265  | Ice creams, chocolate, light, no sugar added  | 72.0      | 1.0 serving 1/2 cup                 | 0.130                         |
| 09274  | Pineapple juice, frozen concentrate, unsweetened, undiluted   | 216.0     | 1.0 can (6 fl oz)                   | 0.130                         |
| 21378  | McDONALD'S, Bacon Ranch Salad without chicken   | 223.0     | 1.0 item 7.8 oz                     | 0.129                         |
| 36614  | DENNY'S, chicken nuggets, star shaped, from kid's menu  | 67.0      | 1.0 serving 4 pieces in serving     | 0.129                         |
| 07916  | Sausage, Polish, pork and beef, smoked  | 76.0      | 1.0 serving 2.67 oz                 | 0.129                         |
| 19134  | Candies, milk chocolate, with rice cereal   | 40.0      | 1.0 bar (1.4 oz)                    | 0.129                         |
| 13422  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted   | 85.0      | 3.0 oz                              | 0.129                         |
| 11043  | Mung beans, mature seeds, sprouted, raw   | 104.0     | 1.0 cup                             | 0.129                         |
| 06006  | Soup, bean with frankfurters, canned, condensed   | 263.0     | 1.0 cup (8 fl oz)                   | 0.129                         |
| 19296  | Honey   | 339.0     | 1.0 cup                             | 0.129                         |
| 18012  | Biscuits, plain or buttermilk, refrigerated dough, lower fat  | 58.0      | 1.0 serving 1 biscuit               | 0.129                         |
| 11357  | Potatoes, white, flesh and skin, baked  | 299.0     | 1.0 potato large (3" to 4-1/4" dia) | 0.129                         |
| 16426  | Tofu, raw, firm, prepared with calcium sulfate  | 126.0     | 0.5 cup                             | 0.129                         |
| 11969  | Broccoli, chinese, cooked   | 88.0      | 1.0 cup                             | 0.128                         |

| NDB_No | Description  | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------|-------------------------------|
| 13878  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted     | 85.0      | 3.0 oz                   | 0.128                         |
| 05052  | Chicken, broilers or fryers, back, meat and skin, cooked, stewed   | 85.0      | 3.0 oz                   | 0.128                         |
| 23567  | Beef, ground, 85% lean meat / 15% fat, raw   | 85.0      | 3.0 oz                   | 0.128                         |
| 23252  | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted       | 85.0      | 3.0 oz                   | 0.128                         |
| 16089  | Peanuts, all types, oil-roasted, with salt   | 144.0     | 1.0 cup, chopped         | 0.128                         |
| 16389  | Peanuts, all types, oil-roasted, without salt  | 144.0     | 1.0 cup,                 | 0.128                         |
| 16054  | Broadbeans (fava beans), mature seeds, canned  | 256.0     | 1.0 cup                  | 0.128                         |
| 11520  | Taro leaves, raw   | 28.0      | 1.0 cup                  | 0.128                         |
| 09244  | Peaches, dehydrated (low-moisture), sulfured, uncooked   | 116.0     | 1.0 cup                  | 0.128                         |
| 11422  | Pumpkin, raw   | 116.0     | 1.0 cup (1" cubes)       | 0.128                         |
| 01008  | Cheese, caraway  | 28.35     | 1.0 oz                   | 0.128                         |
| 13148  | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  | 85.0      | 3.0 oz                   | 0.128                         |
| 23243  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0      | 3.0 oz                   | 0.128                         |
| 19085  | Candies, confectioner's coating, butterscotch  | 170.0     | 1.0 cup chips            | 0.128                         |
| 17400  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried                  | 85.0      | 3.0 oz                   | 0.128                         |
| 93600  | Turtle, green, raw   | 85.0      | 3.0 oz                   | 0.128                         |
| 13402  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted           | 85.0      | 3.0 oz                   | 0.128                         |
| 11989  | Mushrooms, straw, canned, drained solids   | 182.0     | 1.0 cup                  | 0.127                         |
| 08627  | Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond   | 49.0      | 0.5 cup (1 NLEA serving) | 0.127                         |
| 03685  | Babyfood, cereal, mixed, prepared with whole milk  | 28.35     | 1.0 oz                   | 0.127                         |
| 11821  | Peppers, sweet, red, raw   | 149.0     | 1.0 cup, chopped         | 0.127                         |
| 36605  | CRACKER BARREL, country fried shrimp platter   | 149.0     | 1.0 serving              | 0.127                         |
| 23652  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw                             | 85.0      | 3.0 oz                   | 0.127                         |
| 23609  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw                       | 85.0      | 3.0 oz                   | 0.127                         |
| 13394  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled         | 85.0      | 3.0 oz                   | 0.127                         |
| 23453  | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw                                       | 114.0     | 4.0 oz                   | 0.127                         |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt                                      | 124.0     | 1.0 cup                  | 0.126                         |
| 11718  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt   | 124.0     | 1.0 cup                  | 0.126                         |
| 01045  | Cheese food, cold pack, American   | 28.35     | 1.0 oz                   | 0.126                         |
| 20090  | Rice flour, brown  | 158.0     | 1.0 cup                  | 0.126                         |
| 13331  | Beef, variety meats and by-products, pancreas, raw   | 28.35     | 1.0 oz                   | 0.126                         |
| 25038  | Snacks, granola bars, soft, almond, confectioners coating  | 35.0      | 1.0 bar                  | 0.126                         |
| 03712  | Babyfood, cereal, rice, with bananas, prepared with whole milk   | 28.35     | 1.0 oz                   | 0.126                         |
| 07059  | Polish sausage, pork   | 85.0      | 3.0 oz                   | 0.126                         |
| 23655  | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                            | 85.0      | 3.0 oz                   | 0.126                         |
| 13426  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted                 | 85.0      | 3.0 oz                   | 0.126                         |

| NDB_No | Description   | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------------|-------------------------------|
| 17071  | Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised                             | 85.0      | 1.0 serving                | 0.126                         |
| 13098  | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled   | 85.0      | 3.0 oz                     | 0.126                         |
| 23428  | Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised                           | 85.0      | 3.0 oz                     | 0.126                         |
| 23406  | Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted                         | 85.0      | 3.0 oz                     | 0.126                         |
| 17365  | Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised                         | 85.0      | 3.0 oz                     | 0.126                         |
| 05727  | Turkey, retail parts, breast, meat and skin, with added solution, raw                                     | 85.0      | 3.0 oz                     | 0.126                         |
| 05343  | Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning                 | 53.0      | 1.0 drumstick              | 0.126                         |
| 15141  | Crustaceans, crab, blue, canned   | 135.0     | 1.0 cup                    | 0.126                         |
| 08120  | Cereals, oats, regular and quick, not fortified, dry  | 81.0      | 1.0 cup                    | 0.126                         |
| 11705  | Asparagus, cooked, boiled, drained, with salt   | 90.0      | 0.5 cup                    | 0.125                         |
| 11012  | Asparagus, cooked, boiled, drained  | 90.0      | 0.5 cup                    | 0.125                         |
| 16092  | Peanuts, spanish, oil-roasted, with salt  | 147.0     | 1.0 cup                    | 0.125                         |
| 16392  | Peanuts, spanish, oil-roasted, without salt   | 147.0     | 1.0 cup                    | 0.125                         |
| 23464  | Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised                        | 85.0      | 3.0 oz                     | 0.125                         |
| 43369  | Beverages, Chocolate-flavored drink, whey and milk based  | 244.0     | 1.0 cup                    | 0.124                         |
| 17408  | Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw                                     | 113.0     | 4.0 oz                     | 0.124                         |
| 03096  | Babyfood, vegetable, green beans and potatoes   | 113.0     | 1.0 jar, Gerber (4 oz)     | 0.124                         |
| 23398  | Beef, New Zealand, imported, bolar blade, separable lean only, raw  | 114.0     | 4.0 oz                     | 0.124                         |
| 18940  | Muffin, blueberry, commercially prepared, low-fat   | 71.0      | 1.0 muffin small           | 0.124                         |
| 11327  | Peas and onions, frozen, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup                    | 0.124                         |
| 11818  | Peas and onions, frozen, cooked, boiled, drained, with salt   | 180.0     | 1.0 cup                    | 0.124                         |
| 13399  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted  | 85.0      | 3.0 oz                     | 0.124                         |
| 15100  | Fish, smelt, rainbow, cooked, dry heat  | 85.0      | 3.0 oz                     | 0.124                         |
| 13951  | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0      | 3.0 oz                     | 0.124                         |
| 13873  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted    | 85.0      | 3.0 oz                     | 0.124                         |
| 10872  | Pork, cured, ham and water product, whole, boneless, separable lean only, unheated                        | 85.0      | 3.0 oz                     | 0.124                         |
| 13949  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled                    | 85.0      | 3.0 oz                     | 0.124                         |
| 05034  | Chicken, broilers or fryers, dark meat, meat and skin, raw  | 85.0      | 3.0 oz                     | 0.124                         |
| 01255  | Egg, whole, raw, frozen, salted, pasteurized  | 28.0      | 1.0 oz                     | 0.124                         |
| 11588  | Waterchestnuts, chinese, (matai), raw   | 62.0      | 0.5 cup slices             | 0.124                         |
| 16005  | Beans, baked, home prepared   | 253.0     | 1.0 cup                    | 0.124                         |
| 03690  | Babyfood, cereal, oatmeal, with bananas, prepared with whole milk   | 28.35     | 1.0 oz                     | 0.124                         |
| 03686  | Babyfood, cereal, mixed, with bananas, prepared with whole milk   | 28.35     | 1.0 oz                     | 0.124                         |
| 22906  | Chicken pot pie, frozen entree, prepared  | 302.0     | 1.0 pie                    | 0.124                         |
| 08576  | Cereals, CREAM OF WHEAT, 1 minute cook time, dry  | 33.0      | 3.0 tablespoon (1 serving) | 0.124                         |
| 03246  | Babyfood, dessert, custard pudding, vanilla, junior   | 229.0     | 1.0 cup                    | 0.124                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 18027  | Bread, egg  | 28.35     | 1.0 oz   | 0.124                         |
| 19407  | Snacks, beef sticks, smoked   | 28.35     | 1.0 oz   | 0.124                         |
| 09164  | Litchis, raw  | 190.0     | 1.0 cup  | 0.124                         |
| 09516  | Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana  | 233.0     | 1.0 cup  | 0.123                         |
| 05729  | Turkey, wing, from whole bird, meat only, with added solution, raw  | 85.0      | 3.0 oz   | 0.123                         |
| 23250  | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted      | 85.0      | 3.0 oz   | 0.123                         |
| 13786  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz   | 0.123                         |
| 05227  | Turkey, wing, from whole bird, meat only, raw   | 85.0      | 3.0 oz   | 0.123                         |
| 05185  | Turkey from whole, light meat, raw  | 85.0      | 1.0 serving                                      | 0.123                         |
| 23251  | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted          | 85.0      | 3.0 oz   | 0.123                         |
| 05738  | Turkey, drumstick, from whole bird, meat only, raw  | 85.0      | 3.0 oz   | 0.123                         |
| 05664  | Ground turkey, fat free, patties, broiled   | 85.0      | 1.0 patty  | 0.123                         |
| 16081  | Mung beans, mature seeds, cooked, boiled, without salt  | 202.0     | 1.0 cup  | 0.123                         |
| 16381  | Mung beans, mature seeds, cooked, boiled, with salt   | 202.0     | 1.0 cup  | 0.123                         |
| 07920  | Swisswurst, pork and beef, with swiss cheese, smoked  | 77.0      | 1.0 serving 2.7 oz                               | 0.123                         |
| 07917  | Sausage, pork and beef, with cheddar cheese, smoked   | 77.0      | 12.0 oz serving 2.7 oz                           | 0.123                         |
| 23463  | Beef, New Zealand, imported, hind shin, separable lean and fat, raw   | 113.0     | 4.0 oz   | 0.123                         |
| 14091  | Beverages, almond milk, unsweetened, shelf stable   | 262.0     | 1.0 cup  | 0.123                         |
| 11605  | Beets, harvard, canned, solids and liquids  | 246.0     | 1.0 cup slices                                   | 0.123                         |
| 11039  | Lima beans, immature seeds, frozen, baby, unprepared  | 164.0     | 1.0 cup  | 0.123                         |
| 28281  | SUNSHINE, CHEEZ-IT, Reduced Fat Crackers  | 30.0      | 29.0 crackers                                    | 0.123                         |
| 28249  | SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers   | 30.0      | 25.0 crackers                                    | 0.123                         |
| 03053  | Babyfood, dinner, vegetables and beef, strained   | 256.0     | 1.0 cup  | 0.123                         |
| 03054  | Babyfood, dinner, vegetables and beef, junior   | 256.0     | 1.0 cup  | 0.123                         |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter   | 84.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.123                         |
| 19408  | Snacks, pork skins, barbecue-flavor   | 28.35     | 1.0 oz   | 0.122                         |
| 18028  | Bread, egg, toasted   | 28.35     | 1.0 oz   | 0.122                         |
| 07074  | Smoked link sausage, pork   | 68.0      | 1.0 link (4" long x 1-1/8" dia)                  | 0.122                         |
| 01235  | Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener                                    | 68.0      | 0.5 cup  | 0.122                         |
| 23649  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted              | 85.0      | 3.0 oz   | 0.122                         |
| 23143  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                       | 85.0      | 3.0 oz   | 0.122                         |
| 09094  | Figs, dried, uncooked   | 149.0     | 1.0 cup  | 0.122                         |
| 16320  | Beans, cranberry (roman), mature seeds, cooked, boiled, with salt   | 177.0     | 1.0 cup  | 0.122                         |
| 16020  | Beans, cranberry (roman), mature seeds, cooked, boiled, without salt  | 177.0     | 1.0 cup  | 0.122                         |
| 10112  | Pork, fresh, variety meats and by-products, lungs, raw  | 28.35     | 1.0 oz   | 0.122                         |

| NDB_No | Description   | Weight(g) | Measure                              | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------------------|-------------------------------|
| 09039  | Avocados, raw, Florida  | 230.0     | 1.0 cup, pureed                      | 0.122                         |
| 09076  | Cherries, sweet, frozen, sweetened  | 259.0     | 1.0 cup, thawed                      | 0.122                         |
| 03214  | Babyfood, cookies, arrowroot  | 28.35     | 1.0 oz                               | 0.122                         |
| 11301  | Peas, edible-podded, boiled, drained, without salt  | 160.0     | 1.0 cup                              | 0.122                         |
| 11809  | Peas, edible-podded, cooked, boiled, drained, with salt   | 160.0     | 1.0 cup                              | 0.122                         |
| 21301  | Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust   | 76.0      | 1.0 slice                            | 0.122                         |
| 05153  | Pheasant, raw, meat and skin  | 85.0      | 3.0 oz                               | 0.122                         |
| 13329  | Beef, variety meats and by-products, lungs, cooked, braised   | 85.0      | 3.0 oz                               | 0.122                         |
| 05112  | Chicken, roasting, meat and skin, cooked, roasted   | 85.0      | 3.0 oz                               | 0.122                         |
| 13421  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0      | 3.0 oz                               | 0.122                         |
| 23145  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw               | 85.0      | 3.0 oz                               | 0.122                         |
| 11733  | Beans, snap, yellow, frozen, cooked, boiled, drained, with salt                                       | 135.0     | 1.0 cup                              | 0.122                         |
| 11731  | Beans, snap, green, frozen, cooked, boiled, drained, with salt  | 135.0     | 1.0 cup                              | 0.122                         |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                                      | 135.0     | 1.0 cup                              | 0.122                         |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt                                    | 135.0     | 1.0 cup                              | 0.122                         |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt  | 164.0     | 1.0 cup                              | 0.121                         |
| 18423  | Cookies, ladyfingers, without lemon juice and rind  | 28.35     | 1.0 oz                               | 0.121                         |
| 18175  | Cookies, ladyfingers, with lemon juice and rind   | 28.35     | 1.0 oz                               | 0.121                         |
| 11723  | Beans, snap, green, cooked, boiled, drained, with salt  | 125.0     | 1.0 cup                              | 0.121                         |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt   | 125.0     | 1.0 cup                              | 0.121                         |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt  | 125.0     | 1.0 cup                              | 0.121                         |
| 11725  | Beans, snap, yellow, cooked, boiled, drained, with salt   | 125.0     | 1.0 cup                              | 0.121                         |
| 21465  | Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed                            | 40.0      | 1.0 drumstick, bone and skin removed | 0.121                         |
| 01160  | Egg, yolk, raw, frozen, salted, pasteurized   | 28.35     | 1.0 oz                               | 0.121                         |
| 18029  | Bread, french or vienna (includes sourdough)  | 28.35     | 1.0 oz                               | 0.121                         |
| 08183  | Cereals, whole wheat hot natural cereal, cooked with water, with salt                                 | 242.0     | 1.0 cup                              | 0.121                         |
| 08145  | Cereals, whole wheat hot natural cereal, cooked with water, without salt                              | 242.0     | 1.0 cup                              | 0.121                         |
| 12144  | Nuts, pecans, oil roasted, without salt added   | 110.0     | 1.0 cup                              | 0.121                         |
| 12644  | Nuts, pecans, oil roasted, with salt added  | 110.0     | 1.0 cup                              | 0.121                         |
| 28318  | Bread, french or vienna, whole wheat  | 48.0      | 1.0 slice 1 serving                  | 0.121                         |
| 23427  | Beef, New Zealand, imported, manufacturing beef, raw  | 113.0     | 4.0 oz                               | 0.121                         |
| 22973  | Corn dogs, frozen, prepared   | 78.0      | 1.0 corn dog                         | 0.121                         |
| 11875  | Sweet potato, cooked, baked in skin, flesh, with salt   | 114.0     | 1.0 medium (2" dia, 5" long, raw)    | 0.121                         |
| 11505  | Sweet potato leaves, raw  | 35.0      | 1.0 cup, chopped                     | 0.121                         |
| 17405  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried      | 85.0      | 3.0 oz                               | 0.121                         |
| 13070  | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                   | 85.0      | 3.0 oz                               | 0.121                         |

| NDB_No | Description  | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------|-------------------------------|
| 23405  | Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised  | 85.0      | 1.0 serving              | 0.121                         |
| 23397  | Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted  | 85.0      | 3.0 oz                   | 0.121                         |
| 13857  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                    | 85.0      | 3.0 oz                   | 0.121                         |
| 05011  | Chicken, broilers or fryers, meat only, raw  | 85.0      | 3.0 oz                   | 0.121                         |
| 13935  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                             | 85.0      | 3.0 oz                   | 0.121                         |
| 17212  | Veal, variety meats and by-products, pancreas, raw   | 28.35     | 1.0 oz                   | 0.120                         |
| 28381  | PEPPERIDGE FARM, Farmhouse Hearty White Bread  | 43.0      | 1.0 serving              | 0.120                         |
| 03861  | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA  | 28.0      | 3.0 scoop                | 0.120                         |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)  | 40.0      | 1.0 donut                | 0.120                         |
| 23065  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 34.0      | 1.0 medallion            | 0.120                         |
| 09446  | Plantains, green, fried  | 118.0     | 1.0 cup                  | 0.120                         |
| 16338  | Beans, navy, mature seeds, cooked, boiled, with salt   | 182.0     | 1.0 cup                  | 0.120                         |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt  | 182.0     | 1.0 cup                  | 0.120                         |
| 19246  | Frostings, white, fluffy, dry mix  | 207.0     | 1.0 package              | 0.120                         |
| 16591  | WORTHINGTON Leanies, frozen, unprepared  | 40.0      | 1.0 link                 | 0.120                         |
| 16065  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork   | 240.0     | 1.0 cup                  | 0.120                         |
| 21503  | KASHI Pizza, Mediterranean, frozen, unprepared   | 120.0     | 0.33 pizza               | 0.120                         |
| 11618  | Eppaw, raw   | 100.0     | 1.0 cup                  | 0.120                         |
| 08231  | Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry   | 40.0      | 0.5 cup (1 NLEA serving) | 0.120                         |
| 15005  | Fish, bluefish, raw  | 150.0     | 1.0 fillet               | 0.120                         |
| 28001  | KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola   | 150.0     | 1.0 pizza                | 0.120                         |
| 11088  | Broadbeans, immature seeds, raw  | 109.0     | 1.0 cup                  | 0.120                         |
| 42227  | Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies   | 37.0      | 1.0 serving 1.31 oz bag  | 0.120                         |
| 10130  | Canadian bacon, unprepared   | 85.0      | 3.0 oz                   | 0.120                         |
| 13882  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted                     | 85.0      | 3.0 oz                   | 0.120                         |
| 10871  | Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted                                  | 85.0      | 1.0 serving (3 oz)       | 0.120                         |
| 23144  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                                    | 85.0      | 3.0 oz                   | 0.120                         |
| 13405  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted                       | 85.0      | 3.0 oz                   | 0.120                         |
| 13870  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted                 | 85.0      | 3.0 oz                   | 0.120                         |
| 05075  | Chicken, broilers or fryers, leg, meat and skin, raw   | 85.0      | 3.0 oz                   | 0.120                         |
| 13788  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw              | 85.0      | 3.0 oz                   | 0.120                         |
| 10922  | Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted                               | 85.0      | 1.0 serving (3 oz)       | 0.120                         |
| 13451  | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled                           | 85.0      | 3.0 oz                   | 0.120                         |
| 23654  | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                                    | 85.0      | 3.0 oz                   | 0.120                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 17402  | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw                                       | 113.0     | 4.0 oz   | 0.120                         |
| 23447  | Beef, New Zealand, imported, bolar blade, separable lean and fat, raw  | 114.0     | 4.0 oz   | 0.120                         |
| 16007  | Beans, baked, canned, with beef  | 266.0     | 1.0 cup  | 0.120                         |
| 09055  | Blueberries, frozen, sweetened   | 230.0     | 1.0 cup, thawed                                  | 0.120                         |
| 20136  | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked                                     | 116.0     | 1.0 cup spaghetti not packed                     | 0.119                         |
| 18948  | Pie crust, refrigerated, regular, unbaked  | 229.0     | 1.0 pie crust (average weight)                   | 0.119                         |
| 12011  | Seeds, cottonseed meal, partially defatted (glandless)   | 28.35     | 1.0 oz   | 0.119                         |
| 23503  | USDA Commodity, beef, patties (100%), frozen, cooked   | 64.0      | 1.0 patty  | 0.119                         |
| 17159  | Game meat, boar, wild, cooked, roasted   | 85.0      | 3.0 oz   | 0.119                         |
| 11097  | Broccoli raab, cooked  | 85.0      | 1.0 NLEA serving                                 | 0.119                         |
| 15247  | Fish, salmon, coho, wild, cooked, dry heat   | 85.0      | 3.0 oz   | 0.119                         |
| 05681  | Chicken, dark meat, thigh, meat only, with added solution, cooked, braised                                     | 85.0      | 3.0 oz   | 0.119                         |
| 13914  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled                     | 85.0      | 3.0 oz   | 0.119                         |
| 13911  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw                                 | 85.0      | 3.0 oz   | 0.119                         |
| 17393  | Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised                                  | 85.0      | 3.0 oz   | 0.119                         |
| 15081  | Fish, salmon, coho, wild, raw  | 85.0      | 3.0 oz   | 0.119                         |
| 17285  | Lamb, Australian, imported, fresh, separable fat, cooked   | 85.0      | 3.0 oz   | 0.119                         |
| 17069  | Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised                               | 85.0      | 1.0 serving                                      | 0.119                         |
| 13915  | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw                     | 85.0      | 3.0 oz   | 0.119                         |
| 16336  | Beans, kidney, royal red, mature seeds, cooked, boiled with salt   | 177.0     | 1.0 cup  | 0.119                         |
| 16036  | Beans, kidney, royal red, mature seeds, cooked, boiled, without salt   | 177.0     | 1.0 cup  | 0.119                         |
| 19160  | Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars   | 57.0      | 1.0 package (2 oz)                               | 0.119                         |
| 28295  | Tortillas, ready-to-bake or -fry, whole wheat  | 41.0      | 1.0 tortilla 1 serving                           | 0.118                         |
| 17070  | Lamb, New Zealand, imported, fore-shank, separable lean only, raw  | 115.0     | 1.0 serving                                      | 0.118                         |
| 01172  | Egg, white, raw, frozen, pasteurized   | 28.0      | 1.0 oz   | 0.118                         |
| 23036  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw | 44.0      | 1.0 medallion                                    | 0.118                         |
| 15199  | Fish, lingcod, cooked, dry heat  | 85.0      | 3.0 oz   | 0.118                         |
| 13487  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw                          | 85.0      | 3.0 oz   | 0.118                         |
| 05181  | Turkey from whole, light meat, meat and skin, raw  | 85.0      | 3.0 oz   | 0.118                         |
| 17206  | Lamb, variety meats and by-products, lungs, cooked, braised  | 85.0      | 3.0 oz   | 0.118                         |
| 10000  | Pork, fresh, composite of separable fat, with added solution, cooked   | 85.0      | 3.0 oz   | 0.118                         |
| 05358  | Chicken, broiler, rotisserie, BBQ, breast meat and skin  | 85.0      | 3.0 oz   | 0.118                         |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter                                       | 52.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.118                         |
| 22908  | Beef, corned beef hash, with potato, canned  | 236.0     | 1.0 cup  | 0.118                         |
| 20113  | Noodles, chinese, chow mein  | 28.0      | 0.5 cup dry                                      | 0.118                         |

| NDB_No | Description   | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------------------|-------------------------------|
| 25032  | Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors   | 78.0      | 1.0 bar                             | 0.118                         |
| 36007  | T.G.I. FRIDAY'S, french fries   | 184.0     | 1.0 serving                         | 0.118                         |
| 03274  | Babyfood, dinner, vegetables and chicken, junior  | 256.0     | 1.0 cup                             | 0.118                         |
| 12021  | Seeds, safflower seed kernels, dried  | 28.35     | 1.0 oz                              | 0.118                         |
| 18376  | Bread crumbs, dry, grated, seasoned   | 28.35     | 1.0 oz                              | 0.118                         |
| 11009  | Artichokes, (globe or french), frozen, unprepared   | 84.0      | 0.33 package                        | 0.118                         |
| 07909  | Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite                                     | 56.0      | 2.0 oz (1 serving)                  | 0.118                         |
| 06039  | Soup, minestrone, canned, chunky, ready-to-serve  | 240.0     | 1.0 cup                             | 0.118                         |
| 12071  | Nuts, almond paste  | 28.35     | 1.0 oz                              | 0.117                         |
| 07978  | Pork sausage, reduced sodium, cooked  | 85.0      | 3.0 oz                              | 0.117                         |
| 13957  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0      | 3.0 oz                              | 0.117                         |
| 11911  | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt                          | 165.0     | 1.0 cup                             | 0.117                         |
| 11912  | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt                             | 165.0     | 1.0 cup                             | 0.117                         |
| 28252  | SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers   | 30.0      | 26.0 crackers                       | 0.117                         |
| 12022  | Seeds, safflower seed meal, partially defatted  | 28.35     | 1.0 oz                              | 0.117                         |
| 15175  | Mollusks, squid, mixed species, raw   | 28.35     | 1.0 oz, boneless                    | 0.117                         |
| 11477  | Squash, summer, zucchini, includes skin, raw  | 124.0     | 1.0 cup, chopped                    | 0.117                         |
| 15171  | Mollusks, oyster, Pacific, raw  | 50.0      | 1.0 medium                          | 0.116                         |
| 09530  | Fruit juice smoothie, ODWALLA, strawberry banana  | 233.0     | 1.0 cup                             | 0.116                         |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat  | 85.0      | 3.0 oz                              | 0.116                         |
| 23454  | Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted                    | 85.0      | 3.0 oz                              | 0.116                         |
| 06967  | Soup, vegetable soup, condensed, low sodium, prepared with equal volume water                           | 253.0     | 1.0 cup                             | 0.116                         |
| 32006  | Taquitos, frozen, chicken and cheese, oven-heated   | 42.0      | 1.0 piece                           | 0.116                         |
| 20064  | Rye flour, medium   | 102.0     | 1.0 cup                             | 0.116                         |
| 17222  | Veal, variety meats and by-products, tongue, raw  | 28.35     | 1.0 oz                              | 0.116                         |
| 36031  | DENNY'S, onion rings  | 166.0     | 1.0 serving                         | 0.116                         |
| 18346  | Rolls, dinner, rye  | 43.0      | 1.0 large (approx 3-1/2" to 4" dia) | 0.116                         |
| 11239  | Mushrooms, Chanterelle, raw   | 54.0      | 1.0 cup                             | 0.116                         |
| 21499  | KASHI Pizza, Roasted Vegetable, frozen, unprepared  | 116.0     | 0.33 pizza                          | 0.116                         |
| 11446  | Seaweed, laver, raw   | 26.0      | 10.0 sheets                         | 0.116                         |
| 06217  | Soup, vegetable, canned, low sodium, condensed  | 126.0     | 0.5 cup                             | 0.116                         |
| 11100  | Brussels sprouts, frozen, unprepared  | 95.0      | 0.33 package (10 oz)                | 0.116                         |
| 20125  | Pasta, whole-wheat, cooked  | 117.0     | 1.0 cup spaghetti not packed        | 0.116                         |
| 15011  | Fish, catfish, channel, cooked, breaded and fried   | 87.0      | 1.0 fillet                          | 0.116                         |
| 18396  | Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk                                 | 28.35     | 1.0 oz                              | 0.116                         |

| NDB_No | Description   | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------|-------------------------------|
| 09325  | Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids         | 257.0     | 1.0 cup                  | 0.116                         |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried   | 85.0      | 3.0 oz                   | 0.116                         |
| 23653  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw                                  | 85.0      | 3.0 oz                   | 0.116                         |
| 11872  | Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt   | 170.0     | 1.0 cup                  | 0.116                         |
| 13985  | Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0      | 1.0 serving              | 0.116                         |
| 11502  | Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt  | 170.0     | 1.0 cup                  | 0.116                         |
| 11921  | Peppers, sweet, red, sauteed  | 106.0     | 1.0 cup chopped          | 0.116                         |
| 05349  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning                       | 53.0      | 1.0 drumstick            | 0.116                         |
| 01189  | KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product   | 35.0      | 2.0 tbsp                 | 0.116                         |
| 11910  | Corn, sweet, white, frozen, kernels cut off cob, unprepared   | 165.0     | 1.0 cup                  | 0.116                         |
| 15224  | Fish, wolffish, Atlantic, cooked, dry heat  | 119.0     | 0.5 fillet               | 0.115                         |
| 03120  | Babyfood, vegetables, corn, creamed, junior   | 240.0     | 1.0 cup                  | 0.115                         |
| 05300  | Turkey sticks, breaded, battered, fried   | 64.0      | 1.0 stick (2.25 oz)      | 0.115                         |
| 43144  | Cabbage, mustard, salted  | 128.0     | 1.0 cup                  | 0.115                         |
| 42278  | Babyfood, vegetable and brown rice, strained  | 230.0     | 1.0 cup                  | 0.115                         |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added  | 132.0     | 1.0 cup, whole or halves | 0.115                         |
| 12132  | Nuts, macadamia nuts, dry roasted, without salt added   | 132.0     | 1.0 cup, whole or halves | 0.115                         |
| 18272  | Ice cream cones, sugar, rolled-type   | 28.35     | 1.0 oz                   | 0.115                         |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38.0      | 0.083 package            | 0.115                         |
| 23658  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw                                  | 85.0      | 3.0 oz                   | 0.115                         |
| 15237  | Fish, salmon, Atlantic, farmed, cooked, dry heat  | 85.0      | 3.0 oz                   | 0.115                         |
| 23647  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted                | 85.0      | 3.0 oz                   | 0.115                         |
| 05663  | Ground turkey, fat free, pan-broiled crumbles   | 85.0      | 3.0 oz                   | 0.115                         |
| 23651  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw                              | 85.0      | 3.0 oz                   | 0.115                         |
| 18081  | Bread stuffing, bread, dry mix  | 28.35     | 1.0 oz                   | 0.115                         |
| 11062  | Beans, snap, green, frozen, all styles, microwaved  | 111.0     | 1.0 cup                  | 0.114                         |
| 13355  | Beef, cured, pastrami   | 71.0      | 1.0 package, 2.5 oz      | 0.114                         |
| 18079  | Bread crumbs, dry, grated, plain  | 28.35     | 1.0 oz                   | 0.114                         |
| 19186  | Desserts, apple crisp, prepared-from-recipe   | 141.0     | 0.5 cup                  | 0.114                         |
| 28390  | PEPPERIDGE FARM, Light Style Wheat Bread  | 57.0      | 1.0 serving              | 0.114                         |
| 23401  | Beef, New Zealand, imported, brisket navel end, separable lean only, raw  | 114.0     | 4.0 oz                   | 0.114                         |
| 22122  | MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared   | 38.0      | 1.0 patty                | 0.114                         |
| 16593  | MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared  | 38.0      | 1.0 patty                | 0.114                         |
| 09017  | Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid                                | 211.0     | 1.0 can (6 fl oz)        | 0.114                         |

| NDB_No | Description  | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------------|-------------------------------|
| 09410  | Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid                      | 211.0     | 1.0 can (6 fl oz)          | 0.114                         |
| 17411  | Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised                       | 85.0      | 3.0 oz                     | 0.114                         |
| 13876  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0      | 3.0 oz                     | 0.114                         |
| 05113  | Chicken, roasting, meat only, raw  | 85.0      | 3.0 oz                     | 0.114                         |
| 11914  | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt                      | 165.0     | 1.0 cup kernels            | 0.114                         |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt                     | 165.0     | 1.0 cup kernels            | 0.114                         |
| 11775  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt                        | 165.0     | 1.0 cup kernels            | 0.114                         |
| 11915  | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt                         | 165.0     | 1.0 cup kernels            | 0.114                         |
| 21024  | Fast foods, french toast sticks  | 65.0      | 3.0 pieces                 | 0.114                         |
| 11195  | Cowpeas (blackeyes), immature seeds, frozen, unprepared  | 160.0     | 1.0 cup                    | 0.114                         |
| 15189  | Fish, bluefish, cooked, dry heat   | 117.0     | 1.0 fillet                 | 0.113                         |
| 01047  | Cheese food, pasteurized process, swiss  | 28.35     | 1.0 oz                     | 0.113                         |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added           | 210.0     | 1.0 cup                    | 0.113                         |
| 16011  | Beans, baked, canned, with pork and tomato sauce   | 246.0     | 1.0 cup                    | 0.113                         |
| 15021  | Fish, croaker, Atlantic, cooked, breaded and fried   | 87.0      | 1.0 fillet                 | 0.113                         |
| 05293  | Turkey breast, pre-basted, meat and skin, cooked, roasted  | 85.0      | 3.0 oz                     | 0.113                         |
| 23446  | Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted                 | 85.0      | 3.0 oz                     | 0.113                         |
| 13423  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted      | 85.0      | 3.0 oz                     | 0.113                         |
| 05348  | Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning             | 85.0      | 1.0 serving (3 oz)         | 0.113                         |
| 13948  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled             | 85.0      | 3.0 oz                     | 0.113                         |
| 23452  | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised                   | 85.0      | 3.0 oz                     | 0.113                         |
| 21500  | KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared   | 113.0     | 0.33 pizza                 | 0.113                         |
| 21501  | KASHI Pizza, Margherita, frozen, unprepared  | 113.0     | 0.33 pizza                 | 0.113                         |
| 18047  | Bread, raisin, enriched  | 28.35     | 1.0 oz                     | 0.113                         |
| 11048  | Beans, pinto, immature seeds, frozen, unprepared   | 94.0      | 0.333 package (10 oz)      | 0.113                         |
| 14092  | Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E           | 240.0     | 1.0 cup                    | 0.113                         |
| 19270  | Ice creams, chocolate  | 58.0      | 1.0 individual (3.5 fl oz) | 0.113                         |
| 19899  | Ice creams, regular, low carbohydrate, chocolate   | 58.0      | 1.0 individual (3.5 fl oz) | 0.113                         |
| 19240  | Frostings, chocolate, creamy, dry mix  | 388.0     | 1.0 package                | 0.113                         |
| 80200  | Frog legs, raw   | 45.0      | 1.0 leg                    | 0.112                         |
| 09306  | Raspberries, frozen, red, sweetened  | 250.0     | 1.0 cup, thawed            | 0.112                         |
| 09315  | Soursop, raw   | 225.0     | 1.0 cup, pulp              | 0.112                         |
| 11501  | Succotash, (corn and limas), frozen, unprepared  | 156.0     | 1.0 cup                    | 0.112                         |
| 12008  | Seeds, cottonseed flour, low fat (glandless)   | 28.35     | 1.0 oz                     | 0.112                         |
| 06549  | Soup, chicken mushroom, canned, prepared with equal volume water                                       | 244.0     | 1.0 cup (8 fl oz)          | 0.112                         |
| 03994  | Babyfood, fruit, banana and strawberry, junior   | 140.0     | 1.0 bottle                 | 0.112                         |

| NDB_No | Description  | Weight(g) | Measure                       | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-------------------------------|-------------------------------|
| 28185  | KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites   | 10.0      | 1.0 pouch                     | 0.112                         |
| 11998  | Mushrooms, portabella, exposed to ultraviolet light, raw   | 86.0      | 1.0 cup diced                 | 0.112                         |
| 11265  | Mushrooms, portabella, raw   | 86.0      | 1.0 cup diced                 | 0.112                         |
| 07923  | Bratwurst, chicken, cooked   | 84.0      | 1.0 serving 2.96 oz           | 0.112                         |
| 20126  | Spaghetti, spinach, dry  | 57.0      | 2.0 oz                        | 0.112                         |
| 18043  | Bread, protein (includes gluten)   | 28.35     | 1.0 oz                        | 0.112                         |
| 11275  | Mustard spinach, (tendergreen), cooked, boiled, drained, without salt  | 180.0     | 1.0 cup, chopped              | 0.112                         |
| 06966  | Soup, chicken noodle, low sodium, canned, prepared with equal volume water   | 248.0     | 1.0 serving 1 cup             | 0.112                         |
| 06037  | Soup, lentil with ham, canned, ready-to-serve  | 248.0     | 1.0 cup (8 fl oz)             | 0.112                         |
| 06149  | Soup, chicken mushroom, canned, condensed  | 124.0     | 0.5 cup                       | 0.112                         |
| 12145  | Nuts, pilinuts, dried  | 120.0     | 1.0 cup                       | 0.112                         |
| 11801  | Mustard spinach, (tendergreen), cooked, boiled, drained, with salt   | 180.0     | 1.0 cup, chopped              | 0.112                         |
| 20657  | Pasta, gluten-free, corn and rice flour, cooked  | 141.0     | 1.0 cup spaghetti             | 0.111                         |
| 13391  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled          | 85.0      | 3.0 oz                        | 0.111                         |
| 05000  | Chicken, broiler, rotisserie, BBQ, breast meat only  | 85.0      | 3.0 oz                        | 0.111                         |
| 13952  | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled      | 85.0      | 3.0 oz                        | 0.111                         |
| 17208  | Veal, variety meats and by-products, lungs, cooked, braised  | 85.0      | 3.0 oz                        | 0.111                         |
| 11730  | Beans, snap, yellow, frozen, all styles, unprepared  | 121.0     | 1.0 cup                       | 0.111                         |
| 28248  | SUNSHINE, CHEEZ-IT, Pepper Jack Crackers   | 30.0      | 25.0 crackers                 | 0.111                         |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter   | 137.0     | 0.167 package (5.5 oz) yields | 0.111                         |
| 36607  | CRACKER BARREL, steak fries  | 198.0     | 1.0 serving                   | 0.111                         |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack   | 252.0     | 1.0 cup                       | 0.111                         |
| 14282  | Beverages, grape juice drink, canned   | 31.3      | 1.0 fl oz                     | 0.111                         |
| 15231  | Mollusks, oyster, Pacific, cooked, moist heat  | 25.0      | 1.0 medium                    | 0.111                         |
| 20019  | Corn flour, masa, unenriched, white  | 114.0     | 1.0 cup                       | 0.111                         |
| 17064  | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw                    | 28.35     | 1.0 oz                        | 0.111                         |
| 18048  | Bread, raisin, enriched, toasted   | 28.35     | 1.0 oz                        | 0.111                         |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins  | 55.0      | 0.666 cup (1 NLEA serving)    | 0.111                         |
| 17359  | Lamb, New Zealand, imported, breast, separable lean only, cooked, braised  | 85.0      | 3.0 oz                        | 0.110                         |
| 13930  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled                 | 85.0      | 3.0 oz                        | 0.110                         |
| 13805  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw                             | 85.0      | 3.0 oz                        | 0.110                         |
| 15156  | Mollusks, abalone, mixed species, cooked, fried  | 85.0      | 3.0 oz                        | 0.110                         |
| 17068  | Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw   | 115.0     | 1.0 serving                   | 0.110                         |
| 23053  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw | 41.0      | 1.0 medallion                 | 0.110                         |
| 18383  | Bread, protein, (includes gluten), toasted   | 28.35     | 1.0 oz                        | 0.110                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 01018  | Cheese, edam   | 28.35     | 1.0 oz   | 0.110                         |
| 05100  | Chicken, broilers or fryers, wing, meat and skin, raw  | 107.0     | 1.0 piece  | 0.110                         |
| 11411  | Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased                                | 153.0     | 10.0 strip                                       | 0.110                         |
| 11060  | Beans, snap, green, frozen, all styles, unprepared   | 121.0     | 1.0 cup  | 0.110                         |
| 16523  | WORTHINGTON Vegetarian Burger, canned, unprepared  | 55.0      | 0.25 cup   | 0.110                         |
| 16512  | WORTHINGTON Diced Chik, canned, unprepared   | 55.0      | 0.25 cup   | 0.110                         |
| 16565  | MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared  | 55.0      | 0.667 cup  | 0.110                         |
| 16526  | WORTHINGTON Meatless Chicken Roll, frozen, unprepared  | 55.0      | 1.0 slices , 3/8"                                | 0.110                         |
| 01210  | Egg Mix, USDA Commodity  | 8.6       | 1.0 tbsp   | 0.110                         |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt  | 196.0     | 1.0 cup  | 0.110                         |
| 16386  | Peas, split, mature seeds, cooked, boiled, with salt   | 196.0     | 1.0 cup  | 0.110                         |
| 16031  | Beans, kidney, california red, mature seeds, cooked, boiled, without salt  | 177.0     | 1.0 cup  | 0.110                         |
| 16323  | Beans, french, mature seeds, cooked, boiled, with salt   | 177.0     | 1.0 cup  | 0.110                         |
| 16331  | Beans, kidney, california red, mature seeds, cooked, boiled, with salt   | 177.0     | 1.0 cup  | 0.110                         |
| 16023  | Beans, french, mature seeds, cooked, boiled, without salt  | 177.0     | 1.0 cup  | 0.110                         |
| 15140  | Crustaceans, crab, blue, cooked, moist heat  | 118.0     | 1.0 cup, flaked and pieces                       | 0.110                         |
| 23241  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0      | 3.0 oz   | 0.110                         |
| 23242  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled     | 85.0      | 3.0 oz   | 0.110                         |
| 07924  | Bratwurst, pork, beef and turkey, lite, smoked   | 66.0      | 1.0 serving 2.33 oz                              | 0.110                         |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water   | 249.0     | 1.0 cup  | 0.110                         |
| 09212  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium                     | 249.0     | 1.0 cup  | 0.110                         |
| 05129  | Chicken, stewing, light meat, meat only, raw   | 89.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.109                         |
| 16434  | Yardlong beans, mature seeds, cooked, boiled, with salt  | 171.0     | 1.0 cup  | 0.109                         |
| 16134  | Yardlong beans, mature seeds, cooked, boiled, without salt   | 171.0     | 1.0 cup  | 0.109                         |
| 28256  | AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type  | 39.0      | 1.0 package                                      | 0.109                         |
| 28265  | KEEBLER, Cheese & Peanut Butter Sandwich Crackers  | 39.0      | 1.0 package                                      | 0.109                         |
| 09362  | Cherries, sour, canned, water pack, drained  | 168.0     | 1.0 cup  | 0.109                         |
| 08366  | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular  | 14.0      | 2.0 tbsp (1 NLEA serving)                        | 0.109                         |
| 11894  | Vegetables, mixed, frozen, cooked, boiled, drained, with salt  | 91.0      | 0.5 cup  | 0.109                         |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt   | 91.0      | 0.5 cup  | 0.109                         |
| 11609  | Beets, pickled, canned, solids and liquids   | 227.0     | 1.0 cup slices                                   | 0.109                         |
| 13452  | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled                       | 85.0      | 3.0 oz   | 0.109                         |
| 11778  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt                                    | 170.0     | 1.0 cup  | 0.109                         |
| 13918  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled                  | 85.0      | 3.0 oz   | 0.109                         |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt                                 | 170.0     | 1.0 cup  | 0.109                         |

| NDB_No | Description   | Weight(g) | Measure                              | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------------------|-------------------------------|
| 28212  | MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies   | 32.0      | 6.0 cookies                          | 0.109                         |
| 28314  | Crackers, sandwich-type, peanut butter filled, reduced fat  | 36.0      | 1.0 package                          | 0.109                         |
| 11671  | Potatoes, o'brien, home-prepared  | 194.0     | 1.0 cup                              | 0.109                         |
| 18073  | Bread, white, prepared from recipe, made with low fat (2%) milk   | 28.35     | 1.0 oz                               | 0.109                         |
| 11707  | Asparagus, canned, no salt added, solids and liquids  | 122.0     | 0.5 cup                              | 0.109                         |
| 11013  | Asparagus, canned, regular pack, solids and liquids   | 122.0     | 0.5 cup                              | 0.109                         |
| 20651  | Rice, brown, parboiled, cooked, UNCLE BENS  | 155.0     | 1.0 cup                              | 0.109                         |
| 11094  | Broccoli, frozen, spears, unprepared  | 95.0      | 0.33 package (10 oz)                 | 0.108                         |
| 25062  | Snack, Mixed Berry Bar  | 38.0      | 1.0 bar                              | 0.108                         |
| 18065  | Bread, wheat, toasted   | 28.35     | 1.0 oz                               | 0.108                         |
| 01004  | Cheese, blue  | 28.35     | 1.0 oz                               | 0.108                         |
| 18268  | French toast, frozen, ready-to-heat   | 28.35     | 1.0 oz                               | 0.108                         |
| 06127  | Gravy, unspecified type, dry  | 25.0      | 1.0 cup (8 fl oz)                    | 0.108                         |
| 43441  | Rolls, pumpernickel   | 36.0      | 1.0 medium (2-1/2" dia)              | 0.108                         |
| 28243  | SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers  | 30.0      | 25.0 crackers                        | 0.108                         |
| 28246  | SUNSHINE, CHEEZ-IT, Mozzarella Crackers   | 30.0      | 25.0 crackers                        | 0.108                         |
| 13910  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled                        | 85.0      | 3.0 oz                               | 0.108                         |
| 05314  | Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw                          | 85.0      | 3.0 oz                               | 0.108                         |
| 05135  | Chicken, capons, meat and skin, raw   | 85.0      | 3.0 oz                               | 0.108                         |
| 05286  | Turkey and gravy, frozen  | 85.0      | 3.0 oz                               | 0.108                         |
| 21262  | TACO BELL, Soft Taco with chicken, cheese and lettuce   | 98.0      | 1.0 each taco                        | 0.108                         |
| 21487  | Fast foods, taco with chicken, lettuce and cheese, soft   | 98.0      | 1.0 each taco                        | 0.108                         |
| 01159  | Cheese, goat, soft type   | 28.35     | 1.0 oz                               | 0.108                         |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)   | 28.35     | 1.0 oz                               | 0.108                         |
| 17258  | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz                               | 0.108                         |
| 17220  | Lamb, variety meats and by-products, tongue, raw  | 28.35     | 1.0 oz                               | 0.108                         |
| 22991  | KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree  | 269.0     | 1.0 package                          | 0.108                         |
| 18385  | Bread, wheat germ, toasted  | 28.35     | 1.0 oz                               | 0.107                         |
| 21431  | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed                                     | 41.0      | 1.0 drumstick, bone and skin removed | 0.107                         |
| 11037  | Lima beans, immature seeds, frozen, fordhook, unprepared  | 160.0     | 1.0 cup                              | 0.107                         |
| 18368  | Wonton wrappers (includes egg roll wrappers)  | 28.35     | 1.0 oz                               | 0.107                         |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt  | 170.0     | 1.0 cup, shredded                    | 0.107                         |
| 15212  | Fish, salmon, pink, cooked, dry heat  | 85.0      | 3.0 oz                               | 0.107                         |
| 11754  | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt   | 170.0     | 1.0 cup, shredded                    | 0.107                         |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt  | 120.0     | 1.0 artichoke, medium                | 0.107                         |

| NDB_No | Description   | Weight(g) | Measure                              | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------------------|-------------------------------|
| 11702  | Artichokes, (globe or french), cooked, boiled, drained, with salt   | 120.0     | 1.0 artichoke, medium                | 0.107                         |
| 11715  | Lima beans, immature seeds, canned, no salt added, solids and liquids                                       | 248.0     | 1.0 cup                              | 0.107                         |
| 16041  | Beans, pink, mature seeds, cooked, boiled, without salt   | 169.0     | 1.0 cup                              | 0.106                         |
| 16341  | Beans, pink, mature seeds, cooked, boiled, with salt  | 169.0     | 1.0 cup                              | 0.106                         |
| 11090  | Broccoli, raw   | 91.0      | 1.0 cup chopped                      | 0.106                         |
| 21078  | Fast foods, nachos, with cheese   | 80.0      | 1.0 serving                          | 0.106                         |
| 14056  | Beverages, Acai berry drink, fortified  | 266.0     | 8.0 fl oz                            | 0.106                         |
| 21268  | TACO BELL, Nachos   | 80.0      | 1.0 serving                          | 0.106                         |
| 19268  | Candies, dark chocolate coated coffee beans   | 40.0      | 1.0 serving 28 pieces                | 0.106                         |
| 13851  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0      | 3.0 oz                               | 0.106                         |
| 13486  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw                   | 85.0      | 3.0 oz                               | 0.106                         |
| 06064  | Soup, turkey, chunky, canned, ready-to-serve  | 236.0     | 1.0 cup (8 fl oz)                    | 0.106                         |
| 36410  | Restaurant, Latino, pupusas del cerdo (pupusas, pork)   | 122.0     | 1.0 piece                            | 0.106                         |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt  | 171.0     | 1.0 cup                              | 0.106                         |
| 16343  | Beans, pinto, mature seeds, cooked, boiled, with salt   | 171.0     | 1.0 cup                              | 0.106                         |
| 06018  | Soup, chunky chicken noodle, canned, ready-to-serve   | 530.0     | 1.0 can                              | 0.106                         |
| 11893  | Turnip greens and turnips, frozen, cooked, boiled, drained, with salt                                       | 163.0     | 1.0 cup                              | 0.106                         |
| 11577  | Turnip greens and turnips, frozen, cooked, boiled, drained, without salt                                    | 163.0     | 1.0 cup                              | 0.106                         |
| 09177  | Mangosteen, canned, syrup pack  | 196.0     | 1.0 cup, drained                     | 0.106                         |
| 11026  | Bamboo shoots, raw  | 151.0     | 1.0 cup (1/2" slices)                | 0.106                         |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw  | 151.0     | 1.0 cup                              | 0.106                         |
| 16046  | Beans, small white, mature seeds, cooked, boiled, without salt  | 179.0     | 1.0 cup                              | 0.106                         |
| 16346  | Beans, small white, mature seeds, cooked, boiled, with salt   | 179.0     | 1.0 cup                              | 0.106                         |
| 21426  | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed                        | 40.0      | 1.0 drumstick, bone and skin removed | 0.106                         |
| 15217  | Fish, sucker, white, cooked, dry heat   | 124.0     | 1.0 fillet                           | 0.105                         |
| 13000  | Beef, grass-fed, strip steaks, lean only, raw   | 85.0      | 3.0 oz                               | 0.105                         |
| 23585  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw                    | 85.0      | 3.0 oz                               | 0.105                         |
| 23659  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw                          | 85.0      | 3.0 oz                               | 0.105                         |
| 28049  | KEEBLER, Cheese & Cheddar Sandwich Crackers   | 39.0      | 1.0 package                          | 0.105                         |
| 28110  | KEEBLER, Toast & Peanut Butter Sandwich Crackers  | 39.0      | 1.0 package                          | 0.105                         |
| 28050  | KEEBLER, Club & Cheddar Sandwich Crackers   | 39.0      | 1.0 package                          | 0.105                         |
| 28257  | AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type   | 39.0      | 1.0 package                          | 0.105                         |
| 18986  | AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type   | 39.0      | 1.0 package                          | 0.105                         |
| 28258  | AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type   | 39.0      | 1.0 package                          | 0.105                         |
| 11235  | Kale, frozen, unprepared  | 94.0      | 0.333 package (10 oz)                | 0.105                         |
| 12077  | Nuts, beechnuts, dried  | 28.35     | 1.0 oz                               | 0.105                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 18291  | Pancakes, plain, dry mix, incomplete (includes buttermilk)                                      | 28.35     | 1.0 oz   | 0.105                         |
| 28002  | KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola                             | 150.0     | 1.0 pizza  | 0.105                         |
| 11144  | Celery, cooked, boiled, drained, without salt   | 150.0     | 1.0 cup, diced                                   | 0.105                         |
| 28234  | SUNSHINE, CHEEZ-IT, Asiago Crackers   | 30.0      | 25.0 crackers                                    | 0.105                         |
| 28244  | SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers  | 30.0      | 25.0 crackers                                    | 0.105                         |
| 28247  | SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers  | 30.0      | 25.0 crackers                                    | 0.105                         |
| 11930  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added | 210.0     | 1.0 cup  | 0.105                         |
| 28235  | SUNSHINE, CHEEZ-IT, Baby Swiss Crackers   | 30.0      | 25.0 crackers                                    | 0.105                         |
| 28239  | SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers  | 30.0      | 25.0 crackers                                    | 0.105                         |
| 43135  | Sandwich spread, meatless   | 15.0      | 1.0 tbsp   | 0.105                         |
| 11722  | Beans, snap, yellow, raw  | 100.0     | 1.0 cup 1/2" pieces                              | 0.105                         |
| 07914  | Sausage, Italian, sweet, links  | 84.0      | 1.0 link 3 oz                                    | 0.105                         |
| 18281  | Muffins, corn, toaster-type   | 28.35     | 1.0 oz   | 0.105                         |
| 18030  | Bread, french or vienna, toasted (includes sourdough)   | 28.35     | 1.0 oz   | 0.105                         |
| 13333  | Beef, variety meats and by-products, spleen, raw  | 28.35     | 1.0 oz   | 0.105                         |
| 01038  | Cheese, romano  | 28.35     | 1.0 oz   | 0.105                         |
| 11645  | Sweet potato, canned, syrup pack, solids and liquids  | 228.0     | 1.0 cup  | 0.105                         |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)                          | 28.0      | 1.0 roll (1 oz)                                  | 0.105                         |
| 28313  | Rolls, hamburger or hot dog, whole wheat  | 56.0      | 1.0 roll   | 0.105                         |
| 21140  | Side dishes, potato salad   | 95.0      | 0.333 cup  | 0.104                         |
| 11163  | Collards, frozen, chopped, unprepared   | 95.0      | 0.33 package (10 oz)                             | 0.104                         |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt                               | 177.0     | 1.0 cup  | 0.104                         |
| 16325  | Beans, great northern, mature seeds, cooked, boiled, with salt                                  | 177.0     | 1.0 cup  | 0.104                         |
| 18988  | AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat                            | 36.0      | 1.0 package                                      | 0.104                         |
| 18987  | AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat                           | 36.0      | 1.0 package                                      | 0.104                         |
| 09278  | Plantains, cooked   | 200.0     | 1.0 cup, mashed                                  | 0.104                         |
| 28043  | KEEBLER, ANIMALS, Cookies   | 40.0      | 1.0 package 1 serving                            | 0.104                         |
| 35202  | Raspberries, wild (Northern Plains Indians)   | 130.0     | 1.0 cup  | 0.104                         |
| 11052  | Beans, snap, green, raw   | 100.0     | 1.0 cup 1/2" pieces                              | 0.104                         |
| 08575  | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt    | 231.0     | 1.0 cup  | 0.104                         |
| 03211  | Babyfood, cereal, high protein, with apple and orange, dry                                      | 2.4       | 1.0 tbsp   | 0.104                         |
| 22905  | Beef stew, canned entree  | 196.0     | 1.0 cup (1 serving)                              | 0.104                         |
| 05050  | Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour                          | 44.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.104                         |
| 05031  | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour                    | 78.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.104                         |
| 15220  | Fish, tuna, skipjack, fresh, cooked, dry heat   | 85.0      | 3.0 oz   | 0.104                         |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt             | 170.0     | 1.0 cup  | 0.104                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 17401  | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised   | 85.0      | 3.0 oz                    | 0.104                         |
| 11717  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt       | 170.0     | 1.0 cup                   | 0.104                         |
| 11891  | Turnip greens, cooked, boiled, drained, with salt                                      | 144.0     | 1.0 cup, chopped          | 0.104                         |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                                   | 144.0     | 1.0 cup, chopped          | 0.104                         |
| 43405  | Cheese, swiss, low sodium  | 28.0      | 1.0 slice                 | 0.104                         |
| 15072  | Fish, roe, mixed species, raw  | 14.0      | 1.0 tbsp                  | 0.104                         |
| 16317  | Beans, black turtle, mature seeds, cooked, boiled, with salt                           | 185.0     | 1.0 cup                   | 0.104                         |
| 16017  | Beans, black turtle, mature seeds, cooked, boiled, without salt                        | 185.0     | 1.0 cup                   | 0.104                         |
| 01061  | Cheese, American, nonfat or fat free   | 19.0      | 1.0 serving               | 0.104                         |
| 15034  | Fish, haddock, cooked, dry heat  | 150.0     | 1.0 fillet                | 0.104                         |
| 11428  | Purslane, cooked, boiled, drained, without salt  | 115.0     | 1.0 cup                   | 0.104                         |
| 11849  | Purslane, cooked, boiled, drained, with salt   | 115.0     | 1.0 cup                   | 0.104                         |
| 03191  | Babyfood, cereal, oatmeal, with applesauce and bananas, strained                       | 28.35     | 1.0 oz                    | 0.103                         |
| 19151  | Candies, REESE'S PIECES Candy  | 47.0      | 0.25 cup                  | 0.103                         |
| 16372  | Lima beans, large, mature seeds, cooked, boiled, with salt                             | 188.0     | 1.0 cup                   | 0.103                         |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt                          | 188.0     | 1.0 cup                   | 0.103                         |
| 09073  | Cherries, sweet, canned, light syrup pack, solids and liquids                          | 252.0     | 1.0 cup, pitted           | 0.103                         |
| 16357  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt       | 164.0     | 1.0 cup                   | 0.103                         |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt    | 164.0     | 1.0 cup                   | 0.103                         |
| 16100  | Peanut flour, low fat  | 60.0      | 1.0 cup                   | 0.103                         |
| 11200  | Yardlong bean, cooked, boiled, drained, without salt                                   | 104.0     | 1.0 cup slices            | 0.103                         |
| 11899  | Yardlong bean, cooked, boiled, drained, with salt                                      | 104.0     | 1.0 cup slices            | 0.103                         |
| 15002  | Fish, anchovy, european, canned in oil, drained solids                                 | 28.35     | 1.0 oz, boneless          | 0.103                         |
| 13067  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0      | 3.0 oz                    | 0.103                         |
| 05734  | Turkey, retail parts, wing, meat and skin, raw   | 85.0      | 3.0 oz                    | 0.103                         |
| 11311  | Peas, green, canned, drained solids, rinsed in tap water                               | 257.0     | 1.0 can                   | 0.103                         |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt                         | 177.0     | 1.0 cup                   | 0.103                         |
| 16333  | Beans, kidney, red, mature seeds, cooked, boiled, with salt                            | 177.0     | 1.0 cup                   | 0.103                         |
| 16028  | Beans, kidney, all types, mature seeds, cooked, boiled, without salt                   | 177.0     | 1.0 cup                   | 0.103                         |
| 16328  | Beans, kidney, all types, mature seeds, cooked, boiled, with salt                      | 177.0     | 1.0 cup                   | 0.103                         |
| 08352  | Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal                         | 32.0      | 0.75 cup (1 NLEA serving) | 0.102                         |
| 03062  | Babyfood, dinner, vegetables and ham, junior   | 256.0     | 1.0 cup                   | 0.102                         |
| 11774  | Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt          | 165.0     | 1.0 cup                   | 0.102                         |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt        | 165.0     | 1.0 cup                   | 0.102                         |
| 19141  | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies                               | 48.0      | 1.0 package (1.69 oz)     | 0.102                         |
| 01238  | Ice cream sandwich   | 70.0      | 1.0 serving               | 0.102                         |

| NDB_No | Description  | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------|-------------------------------|
| 09281  | Plums, canned, purple, water pack, solids and liquids  | 249.0     | 1.0 cup, pitted              | 0.102                         |
| 12099  | Nuts, chestnuts, european, dried, unpeeled   | 28.35     | 1.0 oz                       | 0.102                         |
| 18237  | Cream puff shell, prepared from recipe   | 28.35     | 1.0 oz                       | 0.102                         |
| 17256  | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz                       | 0.102                         |
| 28320  | English muffins, whole grain white   | 57.0      | 1.0 muffin 1 serving         | 0.102                         |
| 28240  | SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers                                   | 30.0      | 25.0 crackers                | 0.102                         |
| 28237  | SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers  | 30.0      | 25.0 crackers                | 0.102                         |
| 42183  | Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars                                     | 51.0      | 2.0 cookie 2011 label        | 0.102                         |
| 28271  | MURRAY, COOKIE JAR CLASSICS, Butter Cookies  | 30.0      | 8.0 cookies                  | 0.102                         |
| 15099  | Fish, smelt, rainbow, raw  | 85.0      | 3.0 oz                       | 0.102                         |
| 05006  | Chicken, broilers or fryers, meat and skin, raw  | 85.0      | 3.0 oz                       | 0.102                         |
| 17093  | Veal, composite of trimmed retail cuts, separable fat, cooked                                    | 85.0      | 3.0 oz                       | 0.102                         |
| 15183  | Fish, tuna, light, canned in oil, without salt, drained solids                                   | 85.0      | 3.0 oz                       | 0.102                         |
| 17171  | Game meat, horse, cooked, roasted  | 85.0      | 3.0 oz                       | 0.102                         |
| 90560  | Mollusks, snail, raw   | 85.0      | 3.0 oz                       | 0.102                         |
| 05295  | Turkey roast, boneless, frozen, seasoned, light and dark meat, raw                               | 85.0      | 3.0 oz                       | 0.102                         |
| 15130  | Fish, whitefish, mixed species, raw  | 85.0      | 3.0 oz                       | 0.102                         |
| 09075  | Cherries, sweet, canned, extra heavy syrup pack, solids and liquids                              | 261.0     | 1.0 cup, pitted              | 0.102                         |
| 01041  | Cheese, tilsit   | 28.35     | 1.0 oz                       | 0.102                         |
| 03942  | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA                 | 106.0     | 1.0 serving 100 ml           | 0.102                         |
| 20054  | Rice, white, glutinous, unenriched, uncooked   | 185.0     | 1.0 cup                      | 0.102                         |
| 23431  | Beef, New Zealand, imported, ribs prepared, raw  | 113.0     | 4.0 oz                       | 0.102                         |
| 03048  | Babyfood, macaroni and cheese, toddler   | 113.0     | 1.0 container                | 0.102                         |
| 09071  | Cherries, sweet, canned, water pack, solids and liquids  | 248.0     | 1.0 cup, pitted              | 0.102                         |
| 15250  | Mollusks, conch, baked or broiled  | 127.0     | 1.0 cup, sliced              | 0.102                         |
| 11049  | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt                      | 94.0      | 0.333 package (10 oz) yields | 0.102                         |
| 11720  | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt                         | 94.0      | 0.333 package (10 oz) yields | 0.102                         |
| 16315  | Beans, black, mature seeds, cooked, boiled, with salt  | 172.0     | 1.0 cup                      | 0.101                         |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt   | 172.0     | 1.0 cup                      | 0.101                         |
| 18087  | Cake, angelfood, dry mix   | 38.0      | 1.0 serving                  | 0.101                         |
| 18985  | AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type   | 39.0      | 1.0 package                  | 0.101                         |
| 16021  | Beans, cranberry (roman), mature seeds, canned   | 260.0     | 1.0 cup                      | 0.101                         |
| 18990  | AUSTIN, PB & J Crackers, sandwich-type   | 39.0      | 1.0 package                  | 0.101                         |
| 18984  | AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type   | 39.0      | 1.0 package                  | 0.101                         |
| 18011  | Biscuits, plain or buttermilk, dry mix, prepared   | 28.35     | 1.0 oz                       | 0.101                         |
| 03215  | Babyfood, pretzels   | 28.35     | 1.0 oz                       | 0.101                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 09074  | Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids  | 253.0     | 1.0 cup  | 0.101                         |
| 05690  | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised   | 85.0      | 3.0 oz   | 0.101                         |
| 05155  | Pheasant, breast, meat only, raw   | 85.0      | 3.0 oz   | 0.101                         |
| 25033  | Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors   | 35.0      | 1.0 bar  | 0.101                         |
| 28349  | Cookies, oatmeal, reduced fat  | 25.0      | 1.0 cookie                                       | 0.101                         |
| 18088  | Cake, angelfood, dry mix, prepared   | 50.0      | 1.0 piece (1/12 of 10" dia)                      | 0.101                         |
| 11546  | Tomato products, canned, paste, without salt added   | 66.0      | 0.25 cup   | 0.101                         |
| 03188  | Babyfood, cereal, mixed, with applesauce and bananas, junior   | 28.35     | 1.0 oz   | 0.101                         |
| 07038  | Knackwurst, knockwurst, pork, beef   | 72.0      | 1.0 link   | 0.101                         |
| 01266  | Cheese, Swiss, nonfat or fat free  | 28.0      | 1.0 serving                                      | 0.101                         |
| 19162  | Candies, WHATCHAMACALLIT Candy Bar   | 48.0      | 1.0 bar 1.7 oz                                   | 0.101                         |
| 05033  | Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed   | 90.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.101                         |
| 01215  | Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D                                       | 21.0      | 1.0 slice 3/4 oz                                 | 0.101                         |
| 43589  | Cheese, swiss, low fat   | 28.0      | 1.0 slice (1 oz)                                 | 0.101                         |
| 18959  | Pastry, Pastelitos de Guava (guava pastries)   | 86.0      | 1.0 piece  | 0.101                         |
| 16107  | Sausage, meatless  | 25.0      | 1.0 link   | 0.100                         |
| 18271  | Ice cream cones, cake or wafer-type  | 28.35     | 1.0 oz   | 0.100                         |
| 23416  | Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised   | 85.0      | 3.0 oz   | 0.100                         |
| 13932  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                             | 85.0      | 3.0 oz   | 0.100                         |
| 07906  | Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 56.0      | 2.0 oz 1 NLEA serving                            | 0.100                         |
| 06002  | Soup, black bean, canned, condensed  | 257.0     | 1.0 cup (8 fl oz)                                | 0.100                         |
| 11199  | Yardlong bean, raw   | 91.0      | 1.0 cup slices                                   | 0.100                         |
| 36416  | Restaurant, Latino, bunuelos (fried yeast bread)   | 70.0      | 1.0 piece  | 0.100                         |
| 16075  | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt   | 182.0     | 1.0 cup  | 0.100                         |
| 16375  | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt  | 182.0     | 1.0 cup  | 0.100                         |
| 03681  | Babyfood, cereal, barley, prepared with whole milk   | 28.35     | 1.0 oz   | 0.100                         |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)            | 244.0     | 1.0 cup  | 0.100                         |
| 15206  | Fish, pout, ocean, cooked, dry heat  | 137.0     | 0.5 fillet                                       | 0.100                         |
| 22120  | MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared  | 50.0      | 0.5 cup  | 0.100                         |
| 03059  | Babyfood, dinner, vegetables and bacon, strained   | 256.0     | 1.0 cup  | 0.100                         |
| 09066  | Cherries, sour, red, canned, heavy syrup pack, solids and liquids  | 256.0     | 1.0 cup  | 0.100                         |
| 09046  | Blackberries, canned, heavy syrup, solids and liquids  | 256.0     | 1.0 cup  | 0.100                         |
| 18071  | Bread, white, prepared from recipe, made with nonfat dry milk  | 28.35     | 1.0 oz   | 0.100                         |
| 28326  | Crackers, whole grain, sandwich-type, with peanut butter filling   | 43.0      | 6.0 cracker 1 serving                            | 0.100                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>                                   | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|--|---------------------------------------|
| 18275         | Muffins, blueberry, dry mix   | 43.0             | 1.0 serving                                      | 0.100                                 |
| 05029         | Chicken, broilers or fryers, light meat, meat and skin, raw   | 116.0            | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.100                                 |
| 11280         | Okra, frozen, unprepared  | 95.0             | 0.33 package (10 oz)                             | 0.100                                 |
| 07029         | Ham, sliced, regular (approximately 11% fat)  | 56.0             | 56.0 grams 1 serving                             | 0.100                                 |
| 01153         | Milk, canned, evaporated, with added vitamin A  | 31.5             | 1.0 fl oz  | 0.100                                 |
| 01096         | Milk, canned, evaporated, with added vitamin D and without added vitamin A  | 31.5             | 1.0 fl oz  | 0.100                                 |
| 23430         | Beef, New Zealand, imported, ribs prepared, cooked, fast roasted  | 85.0             | 3.0 oz   | 0.099                                 |
| 23402         | Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised                                    | 85.0             | 3.0 oz   | 0.099                                 |
| 13096         | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled              | 85.0             | 3.0 oz   | 0.099                                 |
| 18144         | Cake, yellow, enriched, dry mix   | 43.0             | 1.0 serving                                      | 0.099                                 |
| 18112         | Cake, pudding-type, german chocolate, dry mix   | 43.0             | 1.0 serving                                      | 0.099                                 |
| 17254         | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 28.35            | 1.0 oz   | 0.099                                 |
| 03187         | Babyfood, cereal, mixed, with applesauce and bananas, strained  | 28.35            | 1.0 oz   | 0.099                                 |
| 19857         | Snacks, tortilla chips, nacho-flavor, made with enriched masa flour   | 28.35            | 1.0 oz   | 0.099                                 |
| 28047         | KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft   | 32.0             | 2.0 cookies                                      | 0.099                                 |
| 15012         | Fish, caviar, black and red, granular   | 16.0             | 1.0 tbsps  | 0.099                                 |
| 20097         | Pasta, homemade, made with egg, cooked  | 57.0             | 2.0 oz   | 0.099                                 |
| 09067         | Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids   | 261.0            | 1.0 cup  | 0.099                                 |
| 16102         | Pigeon peas (red gram), mature seeds, cooked, boiled, without salt  | 168.0            | 1.0 cup  | 0.099                                 |
| 16402         | Pigeon peas (red gram), mature seeds, cooked, boiled, with salt   | 168.0            | 1.0 cup  | 0.099                                 |
| 16006         | Beans, baked, canned, plain or vegetarian   | 254.0            | 1.0 cup  | 0.099                                 |
| 28158         | KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond   | 30.0             | 16.0 crackers                                    | 0.099                                 |
| 18954         | Bread, pound cake type, pan de torta salvadoran   | 55.0             | 1.0 serving                                      | 0.099                                 |
| 28238         | SUNSHINE, CHEEZ-IT, Colby Crackers  | 30.0             | 25.0 crackers                                    | 0.099                                 |
| 11040         | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt   | 180.0            | 1.0 cup  | 0.099                                 |
| 28280         | SUNSHINE, CHEEZ-IT, Original Crackers   | 30.0             | 27.0 crackers                                    | 0.099                                 |
| 11716         | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt  | 180.0            | 1.0 cup  | 0.099                                 |
| 28211         | MURRAY, Chocolatey Chip Thins Cookies   | 30.0             | 8.0 cookies                                      | 0.099                                 |
| 28229         | MURRAY, SUGAR FREE, Shortbread Cookies  | 30.0             | 8.0 cookies                                      | 0.099                                 |
| 28236         | SUNSHINE, CHEEZ-IT, BIG Crackers  | 30.0             | 13.0 crackers                                    | 0.099                                 |
| 25025         | Snacks, soy chips or crisps, salted   | 28.35            | 1.0 oz   | 0.099                                 |
| 28382         | PEPPERIDGE FARM, Farmhouse Oatmeal Bread  | 43.0             | 1.0 serving                                      | 0.099                                 |
| 06067         | Soup, chunky vegetable, canned, ready-to-serve  | 230.0            | 1.0 cup  | 0.099                                 |
| 11134         | Cassava, raw  | 206.0            | 1.0 cup  | 0.099                                 |
| 05723         | Turkey, retail parts, drumstick, meat only, cooked, roasted   | 28.0             | 3.0 oz   | 0.099                                 |

| NDB_No | Description   | Weight(g) | Measure               | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-----------------------|-------------------------------|
| 21467  | Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed                                   | 37.0      | 1.0 wing without skin | 0.099                         |
| 17216  | Veal, variety meats and by-products, spleen, raw  | 28.35     | 1.0 oz                | 0.099                         |
| 18084  | Bread stuffing, cornbread, dry mix  | 28.35     | 1.0 oz                | 0.099                         |
| 17214  | Lamb, variety meats and by-products, spleen, raw  | 28.35     | 1.0 oz                | 0.099                         |
| 01097  | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D                                    | 31.9      | 1.0 fl oz             | 0.099                         |
| 07908  | Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)                                    | 56.0      | 2.0 oz 1 NLEA serving | 0.099                         |
| 11877  | Sweet potato, frozen, cooked, baked, with salt  | 176.0     | 1.0 cup, cubes        | 0.099                         |
| 11517  | Sweet potato, frozen, cooked, baked, without salt   | 176.0     | 1.0 cup, cubes        | 0.099                         |
| 11248  | Lentils, sprouted, raw  | 77.0      | 1.0 cup               | 0.099                         |
| 06022  | Soup, chicken rice, canned, chunky, ready-to-serve  | 240.0     | 1.0 cup               | 0.098                         |
| 18367  | Waffles, plain, prepared from recipe  | 28.35     | 1.0 oz                | 0.098                         |
| 09283  | Plums, canned, purple, light syrup pack, solids and liquids   | 252.0     | 1.0 cup, pitted       | 0.098                         |
| 09065  | Cherries, sour, red, canned, light syrup pack, solids and liquids                                       | 252.0     | 1.0 cup               | 0.098                         |
| 28348  | Rolls, dinner, sweet  | 30.0      | 1.0 roll              | 0.098                         |
| 18037  | Bread, oat bran   | 28.35     | 1.0 oz                | 0.098                         |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids   | 258.0     | 1.0 cup, pitted       | 0.098                         |
| 36044  | ON THE BORDER, Mexican rice   | 114.0     | 1.0 cup               | 0.098                         |
| 11579  | Vegetables, mixed, canned, solids and liquids   | 245.0     | 1.0 cup               | 0.098                         |
| 06177  | Soup, minestrone, canned, reduced sodium, ready-to-serve  | 245.0     | 1.0 cup               | 0.098                         |
| 01191  | KRAFT VELVEETA Pasteurized Process Cheese Spread  | 28.0      | 1.0 oz                | 0.098                         |
| 36407  | Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)   | 653.0     | 1.0 serving           | 0.098                         |
| 13337  | Beef, variety meats and by-products, thymus, raw  | 28.35     | 1.0 oz                | 0.098                         |
| 13971  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw                              | 85.0      | 3.0 oz                | 0.098                         |
| 23650  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw                | 85.0      | 3.0 oz                | 0.098                         |
| 13912  | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0      | 3.0 oz                | 0.098                         |
| 23657  | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw                                 | 85.0      | 3.0 oz                | 0.098                         |
| 23607  | Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw             | 85.0      | 3.0 oz                | 0.098                         |
| 15208  | Fish, sablefish, cooked, dry heat   | 85.0      | 3.0 oz                | 0.098                         |
| 06968  | Soup, cream of mushroom, low sodium, ready-to-serve, canned   | 244.0     | 1.0 cup               | 0.098                         |
| 03825  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA                 | 106.0     | 1.0 serving 100 ml    | 0.098                         |
| 03815  | Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA                 | 106.0     | 1.0 serving 100 ml    | 0.098                         |
| 03832  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA                           | 106.0     | 1.0 serving 100 ml    | 0.098                         |
| 16157  | Chickpea flour (besan)  | 92.0      | 1.0 cup               | 0.098                         |
| 18983  | AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type   | 39.0      | 1.0 package           | 0.098                         |
| 28051  | KEEBLER, Cheese on Wheat Sandwich Crackers  | 39.0      | 1.0 package           | 0.098                         |
| 20006  | Barley, pearled, cooked   | 157.0     | 1.0 cup               | 0.097                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>            | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|---------------------------|---------------------------------------|
| 18038         | Bread, oat bran, toasted  | 28.35            | 1.0 oz                    | 0.097                                 |
| 18989         | AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat                      | 36.0             | 1.0 package               | 0.097                                 |
| 43506         | Frozen novelties, ice cream type, chocolate or caramel covered, with nuts                 | 54.0             | 1.0 bar                   | 0.097                                 |
| 23434         | Beef, New Zealand, imported, striploin, separable lean only, raw                          | 113.0            | 4.0 oz                    | 0.097                                 |
| 21521         | Fast foods, strawberry banana smoothie made with ice and low-fat yogurt                   | 347.0            | 12.0 fl oz                | 0.097                                 |
| 18230         | Crackers, standard snack-type, sandwich, with cheese filling                              | 14.2             | 0.5 oz                    | 0.097                                 |
| 09209         | Orange juice, chilled, includes from concentrate  | 249.0            | 1.0 cup                   | 0.097                                 |
| 09506         | Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E | 249.0            | 1.0 cup                   | 0.097                                 |
| 09210         | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D        | 249.0            | 1.0 cup                   | 0.097                                 |
| 09211         | Orange juice, chilled, includes from concentrate, with added calcium                      | 249.0            | 1.0 cup                   | 0.097                                 |
| 09087         | Dates, deglet noor  | 147.0            | 1.0 cup, chopped          | 0.097                                 |
| 16051         | Beans, white, mature seeds, canned  | 262.0            | 1.0 cup                   | 0.097                                 |
| 07925         | Pastrami, beef, 98% fat-free  | 57.0             | 1.0 serving 6 slices      | 0.097                                 |
| 35239         | Tortilla, blue corn, Sakwavikaviki (Hopi)   | 57.0             | 1.0 piece                 | 0.097                                 |
| 15045         | Fish, lingcod, raw  | 85.0             | 3.0 oz                    | 0.097                                 |
| 23437         | Beef, New Zealand, imported, sweetbread, cooked, boiled                                   | 85.0             | 3.0 oz                    | 0.097                                 |
| 36014         | Restaurant, family style, french fries  | 170.0            | 1.0 serving               | 0.097                                 |
| 07002         | Beerwurst, beer salami, pork and beef   | 56.0             | 2.0 oz                    | 0.097                                 |
| 07929         | Sausage, turkey, hot, smoked  | 56.0             | 2.0 oz                    | 0.097                                 |
| 07931         | Beerwurst, pork and beef  | 56.0             | 1.0 serving 2 oz          | 0.097                                 |
| 07927         | Sausage, Italian, turkey, smoked  | 56.0             | 1.0 serving 2 oz          | 0.097                                 |
| 36405         | Restaurant, Latino, Arroz con frijoles negros (rice and black beans)                      | 461.0            | 1.0 serving               | 0.097                                 |
| 09035         | Apricots, frozen, sweetened   | 242.0            | 1.0 cup                   | 0.097                                 |
| 18416         | Bread, white, commercially prepared, low sodium, no salt                                  | 28.35            | 1.0 oz                    | 0.097                                 |
| 18338         | Phyllo dough  | 28.35            | 1.0 oz                    | 0.097                                 |
| 08085         | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ                     | 14.0             | 2.0 tbsp (1 NLEA serving) | 0.097                                 |
| 09285         | Plums, canned, purple, extra heavy syrup pack, solids and liquids                         | 261.0            | 1.0 cup, pitted           | 0.097                                 |
| 11419         | Pumpkin leaves, cooked, boiled, drained, without salt                                     | 71.0             | 1.0 cup                   | 0.097                                 |
| 11848         | Pumpkin leaves, cooked, boiled, drained, with salt  | 71.0             | 1.0 cup                   | 0.097                                 |
| 13339         | Beef, variety meats and by-products, tongue, raw  | 28.35            | 1.0 oz                    | 0.096                                 |
| 11868         | Squash, winter, hubbard, baked, with salt   | 205.0            | 1.0 cup, cubes            | 0.096                                 |
| 11490         | Squash, winter, hubbard, baked, without salt  | 205.0            | 1.0 cup, cubes            | 0.096                                 |
| 03098         | Babyfood, vegetables, beets, strained   | 224.0            | 1.0 cup                   | 0.096                                 |
| 09032         | Apricots, dried, sulfured, uncooked   | 130.0            | 1.0 cup, halves           | 0.096                                 |
| 16009         | Beans, baked, canned, with pork   | 253.0            | 1.0 cup                   | 0.096                                 |
| 23462         | Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised           | 85.0             | 3.0 oz                    | 0.096                                 |

| NDB_No | Description   | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------|-------------------------------|
| 15078  | Fish, salmon, chinook, raw  | 85.0      | 3.0 oz                   | 0.096                         |
| 13955  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0      | 3.0 oz                   | 0.096                         |
| 06123  | Gravy, onion, dry, mix  | 24.0      | 1.0 cup (8 fl oz)        | 0.096                         |
| 16519  | WORTHINGTON Super Links, canned, unprepared   | 48.0      | 1.0 link                 | 0.096                         |
| 20452  | Rice, white, short-grain, raw, unenriched   | 200.0     | 1.0 cup                  | 0.096                         |
| 28386  | PEPPERIDGE FARM, Pumpernickel Bread   | 32.0      | 1.0 serving              | 0.096                         |
| 11349  | Poi   | 240.0     | 1.0 cup                  | 0.096                         |
| 28391  | PEPPERIDGE FARM, Seeded Jewish Rye Bread  | 32.0      | 1.0 serving              | 0.096                         |
| 20052  | Rice, white, short-grain, enriched, uncooked  | 200.0     | 1.0 cup                  | 0.096                         |
| 28385  | PEPPERIDGE FARM, Jewish Rye Bread (Seedless)  | 32.0      | 1.0 serving              | 0.096                         |
| 11742  | Broccoli, cooked, boiled, drained, with salt  | 78.0      | 0.5 cup, chopped         | 0.096                         |
| 11091  | Broccoli, cooked, boiled, drained, without salt   | 78.0      | 0.5 cup, chopped         | 0.096                         |
| 08390  | Cereals ready-to-eat, KASHI GOOD FRIENDS  | 53.0      | 1.0 cup (1 NLEA serving) | 0.096                         |
| 07044  | USDA Commodity, luncheon meat, canned   | 45.0      | 1.0 serving              | 0.096                         |
| 09092  | Figs, canned, heavy syrup pack, solids and liquids  | 259.0     | 1.0 cup                  | 0.096                         |
| 15233  | Fish, catfish, channel, wild, cooked, dry heat  | 143.0     | 1.0 fillet               | 0.096                         |
| 06044  | Soup, mushroom with beef stock, canned, condensed   | 126.0     | 0.5 cup (4 fl oz)        | 0.096                         |
| 09091  | Figs, canned, light syrup pack, solids and liquids  | 252.0     | 1.0 cup                  | 0.096                         |
| 28036  | GIRL SCOUTS, Trefoils Cookies   | 33.0      | 5.0 cookies              | 0.096                         |
| 18070  | Bread, white, commercially prepared, toasted  | 28.35     | 1.0 oz                   | 0.096                         |
| 18432  | Bread, white, commercially prepared, toasted, low sodium no salt  | 28.35     | 1.0 oz                   | 0.096                         |
| 25046  | Snacks, bagel chips, plain  | 28.35     | 1.0 oz                   | 0.096                         |
| 11762  | Cauliflower, frozen, cooked, boiled, drained, with salt   | 180.0     | 1.0 cup (1" pieces)      | 0.095                         |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup (1" pieces)      | 0.095                         |
| 18353  | Rolls, hard (includes kaiser)   | 28.35     | 1.0 oz                   | 0.095                         |
| 43146  | Eggplant, pickled   | 136.0     | 1.0 cup                  | 0.095                         |
| 13913  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw                          | 85.0      | 3.0 oz                   | 0.095                         |
| 23408  | Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted                       | 85.0      | 3.0 oz                   | 0.095                         |
| 23627  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw                | 85.0      | 3.0 oz                   | 0.095                         |
| 15244  | Mollusks, oyster, eastern, wild, cooked, dry heat   | 85.0      | 3.0 oz                   | 0.095                         |
| 13958  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw             | 85.0      | 3.0 oz                   | 0.095                         |
| 13934  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw                      | 85.0      | 3.0 oz                   | 0.095                         |
| 05152  | Guinea hen, meat only, raw  | 85.0      | 3.0 oz                   | 0.095                         |
| 06444  | Soup, mushroom with beef stock, canned, prepared with equal volume water                                | 244.0     | 1.0 cup (8 fl oz)        | 0.095                         |
| 36002  | APPLEBEE'S, french fries  | 164.0     | 1.0 serving              | 0.095                         |
| 28270  | MOTHER'S, Vanilla Sandwich Cookies  | 38.0      | 2.0 cookies              | 0.095                         |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>             | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|----------------------------|---------------------------------------|
| 03212         | Babyfood, cereal, rice, with bananas, dry  | 2.5              | 1.0 tbsp                   | 0.095                                 |
| 18060         | Bread, rye   | 28.35            | 1.0 oz                     | 0.095                                 |
| 18155         | Cookies, butter, commercially prepared, enriched   | 28.35            | 1.0 oz                     | 0.095                                 |
| 18936         | Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)  | 28.35            | 1.0 oz                     | 0.095                                 |
| 18213         | Cookies, vanilla wafers, higher fat  | 30.0             | 8.0 wafers                 | 0.095                                 |
| 21428         | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed                                | 39.0             | 1.0 wing wing without skin | 0.095                                 |
| 01022         | Cheese, gouda  | 28.35            | 1.0 oz                     | 0.095                                 |
| 07940         | Macaroni and cheese loaf, chicken, pork and beef   | 38.0             | 1.0 slice                  | 0.095                                 |
| 06977         | Gravy, meat or poultry, low sodium, prepared   | 236.0            | 1.0 cup                    | 0.094                                 |
| 23456         | Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted                           | 85.0             | 3.0 oz                     | 0.094                                 |
| 13488         | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw                          | 85.0             | 3.0 oz                     | 0.094                                 |
| 01223         | Protein supplement, milk based, Muscle Milk, powder  | 11.0             | 1.0 tbsp                   | 0.094                                 |
| 09090         | Figs, canned, water pack, solids and liquids   | 248.0            | 1.0 cup                    | 0.094                                 |
| 01033         | Cheese, parmesan, hard   | 28.35            | 1.0 oz                     | 0.094                                 |
| 18061         | Bread, rye, toasted  | 28.35            | 1.0 oz                     | 0.094                                 |
| 18270         | Hush puppies, prepared from recipe   | 28.35            | 1.0 oz                     | 0.094                                 |
| 19047         | Snacks, pretzels, hard, plain, salted  | 28.35            | 1.0 oz                     | 0.094                                 |
| 07039         | Lebanon bologna, beef  | 57.0             | 1.0 serving 2 slices       | 0.094                                 |
| 16063         | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt                     | 171.0            | 1.0 cup                    | 0.094                                 |
| 16363         | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt                        | 171.0            | 1.0 cup                    | 0.094                                 |
| 23034         | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw | 40.0             | 1.0 medallion              | 0.094                                 |
| 09093         | Figs, canned, extra heavy syrup pack, solids and liquids   | 261.0            | 1.0 cup                    | 0.094                                 |
| 16160         | Tofu, hard, prepared with nigari   | 122.0            | 0.25 block                 | 0.094                                 |
| 01071         | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk  | 80.0             | 1.0 cup                    | 0.094                                 |
| 11867         | Squash, winter, butternut, frozen, cooked, boiled, with salt   | 240.0            | 1.0 cup, mashed            | 0.094                                 |
| 20050         | Rice, white, medium-grain, raw, enriched   | 195.0            | 1.0 cup                    | 0.094                                 |
| 11141         | Celeriac, raw  | 156.0            | 1.0 cup                    | 0.094                                 |
| 20316         | Corn flour, whole-grain, white   | 117.0            | 1.0 cup                    | 0.094                                 |
| 20450         | Rice, white, medium-grain, raw, unenriched   | 195.0            | 1.0 cup                    | 0.094                                 |
| 06050         | Soup, pea, split with ham, canned, chunky, ready-to-serve  | 240.0            | 1.0 cup                    | 0.094                                 |
| 20016         | Corn flour, whole-grain, yellow  | 117.0            | 1.0 cup                    | 0.094                                 |
| 11488         | Squash, winter, butternut, frozen, cooked, boiled, without salt  | 240.0            | 1.0 cup, mashed            | 0.094                                 |
| 19250         | Candies, HERSHEY, KIT KAT BIG KAT Bar  | 55.0             | 1.0 bar 1.94 oz            | 0.094                                 |
| 15238         | Fish, salmon, coho, farmed, raw  | 85.0             | 3.0 oz                     | 0.094                                 |
| 22953         | Egg rolls, pork, refrigerated, heated  | 85.0             | 1.0 roll                   | 0.094                                 |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 13874  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw              | 85.0      | 3.0 oz   | 0.094                         |
| 17153  | Game meat, beefalo, composite of cuts, cooked, roasted  | 85.0      | 3.0 oz   | 0.094                         |
| 11082  | Beets, canned, regular pack, solids and liquids   | 246.0     | 1.0 cup  | 0.093                         |
| 11735  | Beets, canned, no salt added, solids and liquids  | 246.0     | 1.0 cup  | 0.093                         |
| 36008  | T.G.I. FRIDAY'S, fried mozzarella   | 35.0      | 1.0 piece  | 0.093                         |
| 05032  | Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted                                 | 79.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.093                         |
| 06193  | Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve                  | 245.0     | 1.0 cup  | 0.093                         |
| 03849  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA              | 9.4       | 1.0 scoop  | 0.093                         |
| 11214  | Escarole, cooked, boiled, drained, no salt added  | 150.0     | 1.0 cup  | 0.093                         |
| 32004  | Macaroni and cheese, box mix with cheese sauce, unprepared  | 25.0      | 1.0 serving (3.5 oz)                             | 0.093                         |
| 15056  | Fish, mullet, striped, cooked, dry heat   | 93.0      | 1.0 fillet                                       | 0.093                         |
| 16515  | WORTHINGTON Low Fat Veja-Links, canned, unprepared  | 31.0      | 1.0 link   | 0.093                         |
| 16524  | WORTHINGTON Veja-Links, canned, unprepared  | 31.0      | 1.0 link   | 0.093                         |
| 11928  | Tree fern, cooked, with salt  | 31.0      | 1.0 frond (6-1/2" long)                          | 0.093                         |
| 01259  | Cheese spread, American or Cheddar cheese base, reduced fat   | 21.0      | 1.0 piece  | 0.093                         |
| 11308  | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared                        | 175.0     | 1.0 cup  | 0.093                         |
| 03190  | Babyfood, cereal, oatmeal, with bananas, dry  | 2.5       | 1.0 tbsp   | 0.093                         |
| 23411  | Beef, New Zealand, imported, flank, separable lean only, raw  | 113.0     | 4.0 oz   | 0.093                         |
| 23450  | Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised                 | 85.0      | 3.0 oz   | 0.093                         |
| 28241  | SUNSHINE, GRIPZ, Cheez-It Crackers  | 25.0      | 1.0 package                                      | 0.092                         |
| 28242  | SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers  | 25.0      | 1.0 pouch  | 0.092                         |
| 20446  | Rice, white, long-grain, parboiled, unenriched, dry   | 185.0     | 1.0 cup  | 0.092                         |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry   | 185.0     | 1.0 cup  | 0.092                         |
| 11178  | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared  | 136.0     | 1.0 cup  | 0.092                         |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter                            | 43.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.092                         |
| 18279  | Muffins, corn, commercially prepared  | 28.35     | 1.0 oz   | 0.092                         |
| 28399  | Cookies, animal crackers (includes arrowroot, tea biscuits)   | 28.35     | 1.0 oz   | 0.092                         |
| 07919  | Sausage, turkey, breakfast links, mild  | 56.0      | 2.0 oz, 2 links                                  | 0.092                         |
| 07926  | Salami, Italian, pork   | 28.0      | 1.0 oz   | 0.092                         |
| 05093  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour                                 | 38.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.092                         |
| 18241  | Croissants, cheese  | 28.35     | 1.0 oz   | 0.092                         |
| 03694  | Babyfood, cereal, rice, prepared with whole milk  | 28.35     | 1.0 oz   | 0.092                         |
| 03100  | Babyfood, vegetables, carrots, junior   | 224.0     | 1.0 cup  | 0.092                         |
| 23656  | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw                             | 85.0      | 3.0 oz   | 0.092                         |
| 13854  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0      | 3.0 oz   | 0.092                         |

| NDB_No | Description  | Weight(g) | Measure          | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------|-------------------------------|
| 20065  | Rye flour, light   | 102.0     | 1.0 cup          | 0.092                         |
| 20091  | Pasta, gluten-free, corn, dry  | 105.0     | 1.0 cup          | 0.091                         |
| 22977  | Lasagna with meat sauce, frozen, prepared  | 123.0     | 1.0 piece side   | 0.091                         |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk  | 28.35     | 1.0 oz           | 0.091                         |
| 12738  | Nuts, mixed nuts, oil roasted, without peanuts, lightly salted   | 28.35     | 1.0 oz           | 0.091                         |
| 11790  | Kale, cooked, boiled, drained, with salt   | 130.0     | 1.0 cup, chopped | 0.091                         |
| 11234  | Kale, cooked, boiled, drained, without salt  | 130.0     | 1.0 cup, chopped | 0.091                         |
| 15177  | Mollusks, whelk, unspecified, raw  | 85.0      | 3.0 oz           | 0.091                         |
| 23646  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw                     | 85.0      | 3.0 oz           | 0.091                         |
| 11481  | Squash, summer, zucchini, italian style, canned  | 227.0     | 1.0 cup          | 0.091                         |
| 09144  | Jackfruit, raw   | 165.0     | 1.0 cup, sliced  | 0.091                         |
| 17300  | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw    | 28.35     | 1.0 oz           | 0.091                         |
| 17304  | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw   | 28.35     | 1.0 oz           | 0.091                         |
| 17062  | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw               | 28.35     | 1.0 oz           | 0.091                         |
| 17292  | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz           | 0.091                         |
| 17308  | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw     | 28.35     | 1.0 oz           | 0.091                         |
| 18212  | Cookies, vanilla wafers, lower fat   | 28.35     | 1.0 oz           | 0.091                         |
| 17296  | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw                | 28.35     | 1.0 oz           | 0.091                         |
| 20444  | Rice, white, long-grain, regular, raw, unenriched  | 185.0     | 1.0 cup          | 0.091                         |
| 20044  | Rice, white, long-grain, regular, raw, enriched  | 185.0     | 1.0 cup          | 0.091                         |
| 11812  | Peas, green, canned, no salt added, solids and liquids   | 124.0     | 0.5 cup          | 0.091                         |
| 11972  | Lemon grass (citronella), raw  | 67.0      | 1.0 cup          | 0.090                         |
| 15042  | Fish, herring, Atlantic, kippered  | 28.35     | 1.0 oz, boneless | 0.090                         |
| 23459  | Beef, New Zealand, imported, flank, separable lean and fat, raw  | 113.0     | 4.0 oz           | 0.090                         |
| 43278  | Cheese, american cheddar, imitation  | 21.0      | 1.0 slice        | 0.090                         |
| 11474  | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt                        | 192.0     | 1.0 cup slices   | 0.090                         |
| 11859  | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt                           | 192.0     | 1.0 cup slices   | 0.090                         |
| 07075  | Sausage, smoked link sausage, pork and beef  | 85.0      | 3.0 oz           | 0.090                         |
| 13856  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw                      | 85.0      | 3.0 oz           | 0.090                         |
| 11967  | Cauliflower, green, cooked, no salt added  | 90.0      | 0.2 head         | 0.090                         |
| 14048  | Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6   | 500.0     | 1.0 bottle       | 0.090                         |
| 09061  | Carissa, (natal-plum), raw   | 150.0     | 1.0 cup slices   | 0.090                         |
| 09129  | Grapes, muscadine, raw   | 6.0       | 1.0 grape        | 0.090                         |
| 28389  | PEPPERIDGE FARM, White Bread   | 45.0      | 1.0 serving      | 0.090                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 11226  | Jerusalem-artichokes, raw  | 150.0     | 1.0 cup slices                                   | 0.090                         |
| 28129  | KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat                                  | 31.0      | 2.0 cookies                                      | 0.090                         |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                             | 28.35     | 1.0 oz   | 0.090                         |
| 01125  | Egg, yolk, raw, fresh  | 17.0      | 1.0 large  | 0.090                         |
| 11516  | Sweet potato, frozen, unprepared   | 176.0     | 1.0 cup, cubes                                   | 0.090                         |
| 18964  | Cinnamon buns, frosted (includes honey buns)   | 65.0      | 1.0 bun  | 0.090                         |
| 03099  | Babyfood, vegetables, carrots, strained  | 224.0     | 1.0 cup  | 0.090                         |
| 07046  | Turkey breast, low salt, prepackaged or deli, luncheon meat                              | 28.0      | 1.0 slice  | 0.090                         |
| 19033  | Snacks, GENERAL MILLS, CHEX MIX, traditional flavor                                      | 28.35     | 1.0 oz   | 0.090                         |
| 09287  | Prickly pears, raw   | 149.0     | 1.0 cup  | 0.089                         |
| 18406  | Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)      | 28.35     | 1.0 oz   | 0.089                         |
| 19279  | Candies, milk chocolate coated coffee beans  | 28.35     | 1.0 oz   | 0.089                         |
| 11533  | Tomatoes, red, ripe, canned, stewed  | 255.0     | 1.0 cup  | 0.089                         |
| 15115  | Fish, trout, rainbow, wild, raw  | 85.0      | 3.0 oz   | 0.089                         |
| 15083  | Fish, salmon, pink, raw  | 85.0      | 3.0 oz   | 0.089                         |
| 05662  | Ground turkey, fat free, raw   | 85.0      | 1.0 patty (cooked from 4 oz raw)                 | 0.089                         |
| 18023  | Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs                | 51.0      | 1.0 muffin                                       | 0.089                         |
| 11480  | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt   | 223.0     | 1.0 cup  | 0.089                         |
| 11862  | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt      | 223.0     | 1.0 cup  | 0.089                         |
| 11272  | Mustard greens, frozen, unprepared   | 146.0     | 1.0 cup, chopped                                 | 0.089                         |
| 01251  | Cheese, Mexican blend  | 28.0      | 0.25 cup shredded                                | 0.089                         |
| 10072  | Pork, fresh, shoulder, whole, separable lean only, raw                                   | 28.35     | 1.0 oz   | 0.089                         |
| 18192  | Cookies, shortbread, commercially prepared, plain  | 28.35     | 1.0 oz   | 0.089                         |
| 03186  | Babyfood, cereal, mixed, with bananas, dry   | 2.5       | 1.0 tbsp   | 0.089                         |
| 28298  | Cookies, brownies, commercially prepared, reduced fat, with added fiber                  | 36.0      | 1.0 brownie 1 serving                            | 0.089                         |
| 21292  | LITTLE CAESARS 14" Cheese Pizza, Thin Crust  | 48.0      | 1.0 slice  | 0.089                         |
| 25060  | Snack, Pretzel, hard chocolate coated  | 28.0      | 1.0 serving                                      | 0.089                         |
| 18260  | English muffins, mixed-grain (includes granola)  | 28.35     | 1.0 oz   | 0.089                         |
| 17312  | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw   | 28.35     | 1.0 oz   | 0.089                         |
| 05054  | Chicken, broilers or fryers, back, meat only, cooked, fried                              | 35.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.089                         |
| 36406  | Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)                 | 590.0     | 1.0 serving                                      | 0.088                         |
| 18457  | Crackers, saltines, fat-free, low-sodium   | 15.0      | 3.0 saltines                                     | 0.088                         |
| 13345  | Beef, cured, breakfast strips, cooked  | 34.0      | 3.0 slices                                       | 0.088                         |
| 23648  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0      | 3.0 oz   | 0.088                         |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt                                      | 92.0      | 0.5 cup slices                                   | 0.088                         |
| 11804  | Okra, frozen, cooked, boiled, drained, with salt   | 92.0      | 0.5 cup slices                                   | 0.088                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 11271  | Mustard greens, cooked, boiled, drained, without salt  | 140.0     | 1.0 cup, chopped                                 | 0.088                         |
| 11799  | Mustard greens, cooked, boiled, drained, with salt   | 140.0     | 1.0 cup, chopped                                 | 0.088                         |
| 06042  | Soup, mushroom barley, canned, condensed   | 126.0     | 0.5 cup (4 fl oz)                                | 0.088                         |
| 19109  | Candies, KIT KAT Wafer Bar   | 42.0      | 1.0 bar (1.5 oz)                                 | 0.088                         |
| 28115  | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels   | 21.0      | 1.0 package                                      | 0.088                         |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added  | 210.0     | 1.0 cup  | 0.088                         |
| 18292  | Pancakes, plain, dry mix, incomplete, prepared   | 28.35     | 1.0 oz   | 0.088                         |
| 05117  | Chicken, roasting, light meat, meat only, raw  | 99.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.088                         |
| 36411  | Restaurant, Latino, tamale, corn   | 166.0     | 1.0 piece  | 0.088                         |
| 16377  | Lupins, mature seeds, cooked, boiled, with salt  | 166.0     | 1.0 cup  | 0.088                         |
| 16077  | Lupins, mature seeds, cooked, boiled, without salt   | 166.0     | 1.0 cup  | 0.088                         |
| 18351  | Rolls, hamburger or hotdog, mixed-grain  | 28.35     | 1.0 oz   | 0.088                         |
| 18282  | Muffins, corn, prepared from recipe, made with low fat (2%) milk   | 28.35     | 1.0 oz   | 0.088                         |
| 17264  | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz   | 0.088                         |
| 19007  | Snacks, corn-based, extruded, onion-flavor   | 28.35     | 1.0 oz   | 0.088                         |
| 43326  | Pork, cured, ham, low sodium, lean and fat, cooked   | 28.35     | 1.0 oz, boneless                                 | 0.088                         |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe  | 28.35     | 1.0 oz   | 0.088                         |
| 17137  | Veal, sirloin, separable lean only, raw  | 28.35     | 1.0 oz   | 0.088                         |
| 18007  | Bagels, oat bran   | 26.0      | 1.0 mini bagel (2-1/2" dia)                      | 0.088                         |
| 06461  | Soup, tomato beef with noodle, canned, prepared with equal volume water  | 244.0     | 1.0 cup  | 0.088                         |
| 06442  | Soup, mushroom barley, canned, prepared with equal volume water  | 244.0     | 1.0 cup (8 fl oz)                                | 0.088                         |
| 07905  | Frankfurter, beef, pork, and turkey, fat free  | 57.0      | 1.0 frank 1 NLEA serving                         | 0.088                         |
| 18944  | Pie, Dutch Apple, Commercially Prepared  | 131.0     | 0.125 pie 1 pie (1/8 of 9" pie)                  | 0.088                         |
| 18218  | Crackers, matzo, egg   | 14.2      | 0.5 oz   | 0.088                         |
| 01244  | Milk dessert bar, frozen, made from lowfat milk  | 68.0      | 1.0 bar  | 0.088                         |
| 19114  | Ice creams, chocolate, light   | 68.0      | 1.0 serving                                      | 0.088                         |
| 08578  | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt                               | 237.0     | 1.0 cup  | 0.088                         |
| 21505  | Pizza, cheese topping, thin crust, frozen, cooked  | 69.0      | 1.0 slice  | 0.088                         |
| 10012  | Pork, fresh, leg (ham), rump half, separable lean and fat, raw   | 28.35     | 1.0 oz   | 0.088                         |
| 15196  | Fish, halibut, greenland, cooked, dry heat   | 85.0      | 3.0 oz   | 0.088                         |
| 23444  | Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled                                       | 85.0      | 3.0 oz   | 0.088                         |
| 11626  | Beans, mung, mature seeds, sprouted, canned, drained solids  | 125.0     | 1.0 cup  | 0.088                         |
| 19024  | Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip   | 35.0      | 1.0 bar (1.25 oz)                                | 0.088                         |
| 09250  | Peaches, frozen, sliced, sweetened   | 250.0     | 1.0 cup, thawed                                  | 0.088                         |
| 19233  | Puddings, vanilla, ready-to-eat, fat free  | 99.0      | 1.0 serving 3.5 oz shelf stable                  | 0.087                         |

| NDB_No | Description  | Weight(g) | Measure             | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------|-------------------------------|
| 03066  | Babyfood, dinner, vegetables and lamb, strained                                | 256.0     | 1.0 cup             | 0.087                         |
| 18261  | English muffins, mixed-grain, toasted (includes granola)                       | 28.35     | 1.0 oz              | 0.087                         |
| 25037  | Snacks, pita chips, salted   | 28.35     | 1.0 oz              | 0.087                         |
| 09088  | Elderberries, raw  | 145.0     | 1.0 cup             | 0.087                         |
| 28070  | KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat                              | 29.0      | 12.0 crackers       | 0.087                         |
| 11063  | Beans, snap, green, microwaved   | 116.0     | 1.0 cup 1/2" pieces | 0.087                         |
| 28071  | KEEBLER, CLUB Crackers, Snack Sticks, Original                                 | 29.0      | 12.0 crackers       | 0.087                         |
| 21492  | DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust                               | 79.0      | 1.0 slice           | 0.087                         |
| 20647  | Millet flour   | 119.0     | 1.0 cup             | 0.087                         |
| 36025  | CRACKER BARREL, coleslaw   | 167.0     | 1.0 serving         | 0.087                         |
| 28267  | KEEBLER, SANDIES, Simply Shortbread Cookies                                    | 31.0      | 2.0 cookies         | 0.087                         |
| 06019  | Soup, chicken noodle, canned, condensed  | 124.0     | 0.5 cup             | 0.087                         |
| 13970  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0      | 3.0 oz              | 0.087                         |
| 05151  | Guinea hen, meat and skin, raw   | 85.0      | 3.0 oz              | 0.087                         |
| 23449  | Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw    | 114.0     | 4.0 oz              | 0.087                         |
| 23407  | Beef, New Zealand, imported, cube roll, separable lean only, raw               | 114.0     | 4.0 oz              | 0.087                         |
| 18044  | Bread, pumpernickel  | 28.35     | 1.0 oz              | 0.086                         |
| 32035  | BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared           | 72.0      | 1.0 patty           | 0.086                         |
| 28231  | MURRAY, SUGAR FREE, Vanilla Wafer  | 32.0      | 9.0 cookies         | 0.086                         |
| 43387  | Turnip greens, canned, no salt added   | 144.0     | 1.0 cup             | 0.086                         |
| 28048  | KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft                        | 32.0      | 2.0 cookies         | 0.086                         |
| 28037  | JACKSON'S, Old Fashioned Lemon Jumble Cookies                                  | 32.0      | 3.0 cookies         | 0.086                         |
| 09317  | Strawberries, canned, heavy syrup pack, solids and liquids                     | 254.0     | 1.0 cup             | 0.086                         |
| 11934  | Potatoes, mashed, home-prepared, whole milk and butter added                   | 210.0     | 1.0 cup             | 0.086                         |
| 11657  | Potatoes, mashed, home-prepared, whole milk added                              | 210.0     | 1.0 cup             | 0.086                         |
| 28251  | SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat                       | 21.0      | 1.0 package         | 0.086                         |
| 28380  | PEPPERIDGE FARM, Whole Grain 15 Grain Bread                                    | 43.0      | 1.0 serving         | 0.086                         |
| 28395  | PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread                           | 43.0      | 1.0 serving         | 0.086                         |
| 16556  | MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared                           | 86.0      | 4.0 nuggets         | 0.086                         |
| 28396  | PEPPERIDGE FARM, Whole Grain Oatmeal Bread                                     | 43.0      | 1.0 serving         | 0.086                         |
| 01028  | Cheese, mozzarella, part skim milk   | 28.35     | 1.0 oz              | 0.086                         |
| 36417  | Restaurant, Mexican, spanish rice  | 116.0     | 1.0 cup             | 0.086                         |
| 06969  | Potato soup, instant, dry mix  | 39.0      | 1.0 serving 1/3 cup | 0.086                         |
| 11933  | Beans, snap, yellow, canned, no salt added, drained solids                     | 153.0     | 1.0 cup             | 0.086                         |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular                       | 36.0      | 3.0 cookie          | 0.086                         |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids                      | 153.0     | 1.0 cup             | 0.086                         |

| NDB_No | Description  | Weight(g) | Measure          | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------|-------------------------------|
| 18451  | Cake, pound, commercially prepared, fat-free   | 28.35     | 1.0 oz           | 0.086                         |
| 11198  | Cowpeas, young pods with seeds, cooked, boiled, drained, without salt  | 95.0      | 1.0 cup          | 0.085                         |
| 11779  | Cowpeas, young pods with seeds, cooked, boiled, drained, with salt   | 95.0      | 1.0 cup          | 0.085                         |
| 12012  | Seeds, hemp seed, hulled   | 30.0      | 3.0 tbsp         | 0.085                         |
| 23054  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 32.0      | 1.0 medallion    | 0.085                         |
| 18045  | Bread, pumpernickel, toasted   | 28.35     | 1.0 oz           | 0.085                         |
| 18134  | Cake, sponge, prepared from recipe   | 28.35     | 1.0 oz           | 0.085                         |
| 12001  | Seeds, breadfruit seeds, raw   | 28.35     | 1.0 oz           | 0.085                         |
| 18273  | Muffins, plain, prepared from recipe, made with low fat (2%) milk  | 28.35     | 1.0 oz           | 0.085                         |
| 03947  | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA                     | 30.5      | 1.0 fl oz        | 0.085                         |
| 01209  | Cheese, Mexican, blend, reduced fat  | 28.35     | 1.0 oz           | 0.085                         |
| 12200  | Nuts, formulated, wheat-based, all flavors except macadamia, without salt  | 28.35     | 1.0 oz           | 0.085                         |
| 17260  | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw                                    | 28.35     | 1.0 oz           | 0.085                         |
| 11977  | Peppers, serrano, raw  | 105.0     | 1.0 cup, chopped | 0.085                         |
| 12140  | Nuts, formulated, wheat-based, unflavored, with salt added   | 28.35     | 1.0 oz           | 0.085                         |
| 43285  | Eggs, scrambled, frozen mixture  | 28.35     | 1.0 oz           | 0.085                         |
| 18349  | Rolls, french  | 28.35     | 1.0 oz           | 0.085                         |
| 17185  | Lamb, variety meats and by-products, brain, raw  | 28.35     | 1.0 oz           | 0.085                         |
| 07019  | Chorizo, pork and beef   | 28.35     | 1.0 oz           | 0.085                         |
| 10117  | Pork, fresh, variety meats and by-products, spleen, raw  | 28.35     | 1.0 oz           | 0.085                         |
| 43282  | Quail, cooked, total edible  | 28.35     | 1.0 oz           | 0.085                         |
| 18059  | Bread, rice bran   | 28.35     | 1.0 oz           | 0.085                         |
| 35141  | Mutton, cooked, roasted (Navajo)   | 28.35     | 1.0 oz           | 0.085                         |
| 17134  | Veal, sirloin, separable lean and fat, raw   | 28.35     | 1.0 oz           | 0.085                         |
| 15090  | Fish, scup, raw  | 85.0      | 3.0 oz           | 0.085                         |
| 17219  | Veal, variety meats and by-products, thymus, cooked, braised   | 85.0      | 3.0 oz           | 0.085                         |
| 13954  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw                                | 85.0      | 3.0 oz           | 0.085                         |
| 16611  | MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared  | 85.0      | 5.0 Wings        | 0.085                         |
| 09205  | Oranges, raw, with peel  | 170.0     | 1.0 cup          | 0.085                         |
| 16555  | MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared  | 85.0      | 5.0 Wings        | 0.085                         |
| 15155  | Mollusks, abalone, mixed species, raw  | 85.0      | 3.0 oz           | 0.085                         |
| 13909  | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                                | 85.0      | 3.0 oz           | 0.085                         |
| 15123  | Fish, tuna, fresh, skipjack, raw   | 85.0      | 3.0 oz           | 0.085                         |
| 07070  | Salami, cooked, turkey   | 28.0      | 1.0 serving      | 0.085                         |

| NDB_No | Description   | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------------------|-------------------------------|
| 23469  | Beef, New Zealand, imported, striploin, separable lean and fat, raw   | 113.0     | 4.0 oz                              | 0.085                         |
| 09243  | Peaches, spiced, canned, heavy syrup pack, solids and liquids   | 242.0     | 1.0 cup, whole                      | 0.085                         |
| 11740  | Broccoli, flower clusters, raw  | 71.0      | 1.0 cup flowerets                   | 0.084                         |
| 17306  | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz                              | 0.084                         |
| 11007  | Artichokes, (globe or french), raw  | 128.0     | 1.0 artichoke, medium               | 0.084                         |
| 20098  | Pasta, homemade, made without egg, cooked   | 57.0      | 2.0 oz                              | 0.084                         |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water  | 248.0     | 1.0 serving 1 cup                   | 0.084                         |
| 06180  | Soup, shark fin, restaurant-prepared  | 216.0     | 1.0 cup                             | 0.084                         |
| 09202  | Oranges, raw, navels  | 165.0     | 1.0 cup sections, without membranes | 0.084                         |
| 25034  | Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors   | 47.0      | 1.0 bar                             | 0.084                         |
| 19234  | Puddings, tapioca, ready-to-eat, fat free   | 112.0     | 1.0 container refrigerated 4 oz     | 0.084                         |
| 28089  | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini  | 40.0      | 1.0 package                         | 0.084                         |
| 28254  | SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar  | 30.0      | 0.5 cup 25 crackers                 | 0.084                         |
| 09290  | Prunes, dehydrated (low-moisture), stewed   | 280.0     | 1.0 cup                             | 0.084                         |
| 06122  | Gravy, mushroom, dry, powder  | 21.0      | 1.0 cup (8 fl oz)                   | 0.084                         |
| 11324  | Peas and onions, canned, solids and liquids   | 120.0     | 1.0 cup                             | 0.084                         |
| 11230  | Pepeao, dried   | 24.0      | 1.0 cup                             | 0.084                         |
| 06116  | Gravy, beef, canned, ready-to-serve   | 233.0     | 1.0 cup                             | 0.084                         |
| 11585  | Vegetable juice cocktail, low sodium, canned  | 254.0     | 1.0 cup                             | 0.084                         |
| 12129  | Nuts, ginkgo nuts, canned   | 155.0     | 1.0 cup (78 kernels)                | 0.084                         |
| 19235  | Puddings, chocolate, ready-to-eat, fat free   | 113.0     | 1.0 serving 4 oz                    | 0.084                         |
| 11086  | Beet greens, raw  | 38.0      | 1.0 cup                             | 0.084                         |
| 11576  | Turnip greens and turnips, frozen, unprepared   | 95.0      | 0.33 package (10 oz)                | 0.084                         |
| 28199  | MOTHER'S, English Tea Sandwich Cookies  | 38.0      | 2.0 cookies                         | 0.084                         |
| 28131  | KEEBLER, Sweet Cremes Cookies   | 38.0      | 2.0 cookies                         | 0.084                         |
| 11578  | Vegetable juice cocktail, canned  | 253.0     | 1.0 cup                             | 0.083                         |
| 12157  | Nuts, walnuts, dry roasted, with salt added   | 28.0      | 1.0 oz                              | 0.083                         |
| 01260  | Cheese, cheddar, reduced fat  | 21.0      | 1.0 slice                           | 0.083                         |
| 18024  | Bread, cornbread, prepared from recipe, made with low fat (2%) milk   | 28.35     | 1.0 oz                              | 0.083                         |
| 13929  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                          | 85.0      | 3.0 oz                              | 0.083                         |
| 11961  | Hearts of palm, canned  | 146.0     | 1.0 cup                             | 0.083                         |
| 36004  | APPLEBEE'S, mozzarella sticks   | 32.0      | 1.0 piece                           | 0.083                         |
| 28226  | MURRAY, SUGAR FREE, Pecan Shortbread Cookies  | 32.0      | 3.0 cookies                         | 0.083                         |
| 32034  | HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared  | 64.0      | 1.0 patty                           | 0.083                         |
| 20143  | Teff, cooked  | 252.0     | 1.0 cup                             | 0.083                         |

| NDB_No | Description  | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 07060  | Luxury loaf, pork  | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.083                         |
| 01010  | Cheese, cheshire   | 28.35     | 1.0 oz                                   | 0.083                         |
| 17282  | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz                                   | 0.083                         |
| 12094  | Nuts, chestnuts, chinese, dried  | 28.35     | 1.0 oz                                   | 0.083                         |
| 18384  | Bread, rice bran, toasted  | 28.35     | 1.0 oz                                   | 0.083                         |
| 18450  | Tortillas, ready-to-bake or -fry, flour, without added calcium   | 28.35     | 1.0 oz                                   | 0.083                         |
| 18172  | Cookies, gingersnaps   | 28.35     | 1.0 oz                                   | 0.083                         |
| 01243  | Fat free ice cream, no sugar added, flavors other than chocolate   | 68.0      | 0.5 cup                                  | 0.083                         |
| 19260  | Ice creams, vanilla, light, no sugar added   | 68.0      | 1.0 serving 1/2 cup                      | 0.083                         |
| 21246  | WENDY'S, Chicken Nuggets   | 68.0      | 5.0 pieces                               | 0.083                         |
| 19001  | Candies, TOBLERONE, milk chocolate with honey and almond nougat  | 35.0      | 1.0 bar                                  | 0.083                         |
| 17294  | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw               | 28.35     | 1.0 oz                                   | 0.083                         |
| 18199  | Cookies, chocolate sandwich, with creme filling, special dietary   | 28.35     | 1.0 oz                                   | 0.083                         |
| 18009  | Biscuits, plain or buttermilk, frozen, baked   | 28.35     | 1.0 oz                                   | 0.083                         |
| 18033  | Bread, italian   | 28.35     | 1.0 oz                                   | 0.083                         |
| 18264  | English muffins, wheat   | 28.35     | 1.0 oz                                   | 0.083                         |
| 18390  | Pancakes, buttermilk, prepared from recipe   | 28.35     | 1.0 oz                                   | 0.083                         |
| 03819  | Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted  | 9.4       | 1.0 scoop                                | 0.083                         |
| 28302  | Cookies, graham crackers, plain or honey, lowfat   | 35.0      | 1.0 serving                              | 0.083                         |
| 28107  | KEEBLER, Gingerbread Men Cookies, Holiday  | 33.0      | 5.0 cookies                              | 0.082                         |
| 19050  | Snacks, pretzels, hard, whole-wheat including both salted and unsalted   | 28.35     | 1.0 oz                                   | 0.082                         |
| 01270  | Cheese, cheddar, sharp, sliced   | 19.0      | 1.0 slice (2/3 oz)                       | 0.082                         |
| 15096  | Fish, shark, mixed species, cooked, batter-dipped and fried  | 85.0      | 3.0 oz                                   | 0.082                         |
| 15222  | Fish, turbot, european, cooked, dry heat   | 85.0      | 3.0 oz                                   | 0.082                         |
| 16050  | Beans, white, mature seeds, cooked, boiled, without salt   | 179.0     | 1.0 cup                                  | 0.082                         |
| 16350  | Beans, white, mature seeds, cooked, boiled, with salt  | 179.0     | 1.0 cup                                  | 0.082                         |
| 17310  | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw                          | 28.35     | 1.0 oz                                   | 0.082                         |
| 17119  | Veal, shoulder, whole (arm and blade), separable lean only, raw  | 28.35     | 1.0 oz                                   | 0.082                         |
| 17116  | Veal, shoulder, whole (arm and blade), separable lean and fat, raw   | 28.35     | 1.0 oz                                   | 0.082                         |
| 18277  | Muffins, blueberry, toaster-type   | 28.35     | 1.0 oz                                   | 0.082                         |
| 17140  | Veal, cubed for stew (leg and shoulder), separable lean only, raw  | 28.35     | 1.0 oz                                   | 0.082                         |
| 20129  | Wheat flours, bread, unenriched  | 137.0     | 1.0 cup unsifted, dipped                 | 0.082                         |
| 05362  | Chicken, broiler, rotisserie, BBQ, wing meat and skin  | 51.0      | 1.0 wing                                 | 0.082                         |
| 23455  | Beef, New Zealand, imported, cube roll, separable lean and fat, raw  | 114.0     | 4.0 oz                                   | 0.082                         |
| 16073  | Lima beans, large, mature seeds, canned  | 241.0     | 1.0 cup                                  | 0.082                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 18278  | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk   | 28.35     | 1.0 oz   | 0.082                         |
| 18345  | Rolls, dinner, oat bran   | 28.35     | 1.0 oz   | 0.082                         |
| 18057  | Bread, reduced-calorie, white   | 28.35     | 1.0 oz   | 0.082                         |
| 03085  | Babyfood, dinner, vegetables and turkey, junior   | 256.0     | 1.0 cup  | 0.082                         |
| 19238  | Candies, REESE'S BITES  | 39.0      | 16.0 pieces                                      | 0.082                         |
| 19247  | Frostings, white, fluffy, dry mix, prepared with water  | 315.0     | 1.0 package yields                               | 0.082                         |
| 09318  | Strawberries, frozen, unsweetened   | 221.0     | 1.0 cup, thawed                                  | 0.082                         |
| 20106  | Macaroni, vegetable, enriched, cooked   | 134.0     | 1.0 cup spiral shaped                            | 0.082                         |
| 20040  | Rice, brown, medium-grain, raw  | 190.0     | 1.0 cup  | 0.082                         |
| 17302  | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw   | 28.35     | 1.0 oz   | 0.082                         |
| 10894  | Pork, cured, ham, separable fat, boneless, heated   | 85.0      | 3.0 oz   | 0.082                         |
| 17374  | Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered  | 85.0      | 3.0 oz   | 0.082                         |
| 13344  | Beef, cured, breakfast strips, raw or unheated  | 68.0      | 3.0 slices                                       | 0.082                         |
| 11413  | Potato flour  | 160.0     | 1.0 cup  | 0.082                         |
| 23426  | Beef, New Zealand, imported, manufacturing beef, cooked, boiled   | 85.0      | 3.0 oz   | 0.082                         |
| 28262  | FAMOUS AMOS, Vanilla Sandwich Creme Cookies   | 34.0      | 3.0 cookies                                      | 0.082                         |
| 13353  | Beef, cured, luncheon meat, jellied   | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick)         | 0.081                         |
| 07915  | Sausage, Polish, beef with chicken, hot   | 55.0      | 1.0 serving 5 pieces                             | 0.081                         |
| 18066  | Bread, wheat bran   | 28.35     | 1.0 oz   | 0.081                         |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted   | 28.35     | 1.0 oz   | 0.081                         |
| 17290  | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz   | 0.081                         |
| 23418  | Beef, New Zealand, imported, inside, raw  | 113.0     | 4.0 oz   | 0.081                         |
| 28297  | Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber                                  | 27.0      | 1.0 cake 1 serving                               | 0.081                         |
| 19917  | Candies, M&M MARS Pretzel Chocolate Candies   | 40.0      | 0.25 cup   | 0.081                         |
| 18567  | KRAFT, STOVE TOP Stuffing Mix Chicken Flavor  | 28.0      | 1.0 NLEA serving (makes 1/2 cup prepared)        | 0.081                         |
| 11507  | Sweet potato, raw, unprepared   | 133.0     | 1.0 cup, cubes                                   | 0.081                         |
| 18265  | English muffins, wheat, toasted   | 28.35     | 1.0 oz   | 0.081                         |
| 12170  | Seeds, sesame flour, high-fat   | 28.35     | 1.0 oz   | 0.081                         |
| 18975  | KASHI, TLC, Original 7-Grain Crackers   | 30.0      | 15.0 crackers                                    | 0.081                         |
| 28045  | KEEBLER, ANIMALS, Iced Cookies  | 30.0      | 6.0 cookies 1 serving                            | 0.081                         |
| 06101  | Soup, cream of vegetable, dry, powder   | 18.0      | 1.0 packet                                       | 0.081                         |
| 14405  | Beverages, fruit punch juice drink, frozen concentrate  | 35.2      | 1.0 fl oz  | 0.081                         |
| 05039  | Chicken, broilers or fryers, light meat, meat only, raw   | 88.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.081                         |
| 11660  | Tomatoes, red, ripe, cooked, stewed   | 101.0     | 1.0 cup  | 0.081                         |

| NDB_No | Description   | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------------|-------------------------------|
| 11583  | Vegetables, mixed, frozen, unprepared   | 95.0      | 0.33 package (10 oz)         | 0.081                         |
| 13917  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw   | 85.0      | 3.0 oz                       | 0.081                         |
| 01252  | Cheese product, pasteurized process, American, vitamin D fortified                      | 19.0      | 1.0 slice (2/3 oz)           | 0.081                         |
| 22989  | KASHI, Red Curry Chicken, Frozen Entree   | 269.0     | 1.0 package                  | 0.081                         |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve  | 132.0     | 1.0 serving 1/2 cup          | 0.081                         |
| 18076  | Bread, whole-wheat, commercially prepared, toasted                                      | 28.35     | 1.0 oz                       | 0.081                         |
| 08689  | Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry                         | 70.0      | 1.0 package (1 NLEA serving) | 0.080                         |
| 11787  | Drumstick pods, cooked, boiled, drained, with salt                                      | 118.0     | 1.0 cup slices               | 0.080                         |
| 11621  | Drumstick pods, cooked, boiled, drained, without salt                                   | 118.0     | 1.0 cup slices               | 0.080                         |
| 19041  | Snacks, pork skins, plain   | 28.35     | 1.0 oz                       | 0.080                         |
| 18337  | Puff pastry, frozen, ready-to-bake  | 28.35     | 1.0 oz                       | 0.080                         |
| 28372  | UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread                                     | 25.0      | 1.0 slice                    | 0.080                         |
| 28339  | Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour          | 25.0      | 1.0 slice                    | 0.080                         |
| 28197  | MOTHER'S, Coconut Cocadas Cookies   | 32.0      | 5.0 cookies                  | 0.080                         |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                              | 80.0      | 0.5 cup                      | 0.080                         |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                               | 100.0     | 1.0 cup, chopped             | 0.080                         |
| 11814  | Peas, green, frozen, cooked, boiled, drained, with salt                                 | 80.0      | 0.5 cup                      | 0.080                         |
| 28296  | Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber     | 27.0      | 1.0 cake 1 serving           | 0.080                         |
| 09277  | Plantains, raw  | 148.0     | 1.0 cup, sliced              | 0.080                         |
| 07921  | Bacon and beef sticks   | 28.0      | 1.0 oz                       | 0.080                         |
| 07941  | Salami, Italian, pork and beef, dry, sliced, 50% less sodium                            | 28.0      | 1.0 serving 5 slices         | 0.080                         |
| 11167  | Corn, sweet, yellow, raw  | 145.0     | 1.0 cup                      | 0.080                         |
| 18437  | English muffins, plain, enriched, without calcium propionate(includes sourdough)        | 28.35     | 1.0 oz                       | 0.080                         |
| 18293  | Pancakes, plain, prepared from recipe   | 28.35     | 1.0 oz                       | 0.080                         |
| 28350  | Cookies, chocolate cream covered biscuit sticks   | 40.0      | 1.0 serving                  | 0.080                         |
| 10898  | Pork, pickled pork hocks  | 117.0     | 3.0 oz                       | 0.080                         |
| 31019  | Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry   | 5.0       | 0.25 cup                     | 0.080                         |
| 11800  | Mustard greens, frozen, cooked, boiled, drained, with salt                              | 150.0     | 1.0 cup, chopped or diced    | 0.080                         |
| 11273  | Mustard greens, frozen, cooked, boiled, drained, without salt                           | 150.0     | 1.0 cup, chopped             | 0.080                         |
| 19433  | Tortilla chips, low fat, baked without fat  | 28.35     | 1.0 oz                       | 0.079                         |
| 17125  | Veal, shoulder, arm, separable lean only, raw   | 28.35     | 1.0 oz                       | 0.079                         |
| 17090  | Veal, composite of trimmed retail cuts, separable lean only, raw                        | 28.35     | 1.0 oz                       | 0.079                         |
| 43325  | Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted                 | 28.35     | 1.0 oz, boneless             | 0.079                         |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 28.35     | 1.0 oz                       | 0.079                         |
| 19833  | Snacks, tortilla chips, low fat, unsalted   | 28.35     | 1.0 oz                       | 0.079                         |
| 18051  | Bread, reduced-calorie, oatmeal   | 28.35     | 1.0 oz                       | 0.079                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 17099  | Veal, leg (top round), separable lean only, raw                                      | 28.35     | 1.0 oz   | 0.079                         |
| 18284  | Muffins, wheat bran, dry mix   | 28.35     | 1.0 oz   | 0.079                         |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)            | 126.0     | 0.5 cup  | 0.079                         |
| 09304  | Raspberries, canned, red, heavy syrup pack, solids and liquids                       | 256.0     | 1.0 cup  | 0.079                         |
| 11098  | Brussels sprouts, raw  | 88.0      | 1.0 cup  | 0.079                         |
| 28074  | KEEBLER, E.L. FUDGE, Butter Flavored Cookies   | 36.0      | 2.0 cookies                                      | 0.079                         |
| 36610  | DENNY'S, french fries  | 165.0     | 1.0 serving                                      | 0.079                         |
| 01188  | KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce                                    | 33.0      | 2.0 tbsp   | 0.079                         |
| 18963  | Garlic bread, frozen   | 43.0      | 1.0 slice presliced                              | 0.079                         |
| 35237  | Tamales, masa and pork filling (Hopi)  | 113.0     | 4.0 oz   | 0.079                         |
| 23409  | Beef, New Zealand, imported, eye round, separable lean only, raw                     | 113.0     | 4.0 oz   | 0.079                         |
| 01023  | Cheese, gruyere  | 28.35     | 1.0 oz   | 0.079                         |
| 19077  | Baking chocolate, unsweetened, liquid  | 28.35     | 1.0 oz   | 0.079                         |
| 23399  | Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised | 85.0      | 3.0 oz   | 0.079                         |
| 05097  | Chicken, broilers or fryers, thigh, meat only, cooked, fried                         | 31.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.079                         |
| 15013  | Fish, cisco, raw   | 79.0      | 1.0 fillet                                       | 0.079                         |
| 36401  | Restaurant, Latino, chicken and rice, entree, prepared                               | 141.0     | 1.0 cup  | 0.079                         |
| 18386  | Muffins, blueberry, toaster-type, toasted  | 28.35     | 1.0 oz   | 0.079                         |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery      | 138.0     | 1.0 piece (1/12 of a cake)                       | 0.079                         |
| 11326  | Peas and onions, frozen, unprepared  | 69.0      | 0.5 cup  | 0.079                         |
| 16361  | Cowpeas, catjang, mature seeds, cooked, boiled, with salt                            | 171.0     | 1.0 cup  | 0.079                         |
| 16061  | Cowpeas, catjang, mature seeds, cooked, boiled, without salt                         | 171.0     | 1.0 cup  | 0.079                         |
| 20422  | Cornmeal, degermed, unenriched, yellow   | 157.0     | 1.0 cup  | 0.078                         |
| 20522  | Cornmeal, degermed, unenriched, white  | 157.0     | 1.0 cup  | 0.078                         |
| 21349  | McDONALD'S, NEWMAN'S OWN Ranch Dressing  | 56.0      | 2.0 fl oz  | 0.078                         |
| 11504  | Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt                 | 98.0      | 1.0 cup, chopped                                 | 0.078                         |
| 11300  | Peas, edible-podded, raw   | 98.0      | 1.0 cup, chopped                                 | 0.078                         |
| 11873  | Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt                    | 98.0      | 1.0 cup, chopped                                 | 0.078                         |
| 05095  | Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed                    | 41.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.078                         |
| 18950  | Crackers, wheat, reduced fat   | 29.0      | 1.0 serving                                      | 0.078                         |
| 19161  | Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars                           | 54.0      | 1.0 package (1.89 oz, 2 bars)                    | 0.078                         |
| 18280  | Muffins, corn, dry mix, prepared   | 28.35     | 1.0 oz   | 0.078                         |
| 11581  | Vegetables, mixed, canned, drained solids  | 163.0     | 1.0 cup  | 0.078                         |
| 21441  | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading                  | 68.0      | 1.0 wing, with skin                              | 0.078                         |
| 06001  | Soup, cream of asparagus, canned, condensed  | 126.0     | 0.5 cup (4 fl oz)                                | 0.078                         |
| 22970  | Macaroni and cheese, frozen entree   | 137.0     | 1.0 cup  | 0.078                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 06401  | Soup, cream of asparagus, canned, prepared with equal volume water   | 244.0     | 1.0 cup (8 fl oz)                                | 0.078                         |
| 06976  | Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium   | 128.0     | 1.0 serving 1/2 cup                              | 0.078                         |
| 18121  | Cake, pound, commercially prepared, other than all butter, enriched  | 30.0      | 1.0 piece (1/10 of 10.6 oz cake)                 | 0.078                         |
| 28159  | KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan   | 30.0      | 16.0 crackers                                    | 0.078                         |
| 28245  | SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)   | 30.0      | 27.0 crackers                                    | 0.078                         |
| 09009  | Apples, dehydrated (low moisture), sulfured, uncooked  | 60.0      | 1.0 cup  | 0.078                         |
| 07055  | Pate, liver, not specified, canned   | 13.0      | 1.0 tbsp   | 0.078                         |
| 23457  | Beef, New Zealand, imported, eye round, separable lean and fat, raw  | 113.0     | 4.0 oz   | 0.078                         |
| 12034  | Seeds, sesame meal, partially defatted   | 28.35     | 1.0 oz   | 0.078                         |
| 10096  | Pork, fresh, variety meats and by-products, brain, raw   | 28.35     | 1.0 oz   | 0.078                         |
| 10070  | Pork, fresh, shoulder, whole, separable lean and fat, raw  | 28.35     | 1.0 oz   | 0.078                         |
| 19110  | Candies, KRACKEL Chocolate Bar   | 41.0      | 1.0 bar 1.45 oz                                  | 0.078                         |
| 27043  | Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve  | 519.0     | 1.0 can  | 0.078                         |
| 10101  | Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered                                       | 111.0     | 1.0 ear (yield after cooking)                    | 0.078                         |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat  | 28.35     | 1.0 oz   | 0.078                         |
| 28274  | MURRAY, Honey Graham   | 31.0      | 8.0 crackers                                     | 0.078                         |
| 28285  | Bread, chapati or roti, whole wheat, commercially prepared, frozen   | 43.0      | 1.0 piece  | 0.077                         |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour   | 59.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.077                         |
| 18022  | Bread, cornbread, dry mix, enriched (includes corn muffin mix)   | 28.35     | 1.0 oz   | 0.077                         |
| 18294  | Pancakes, blueberry, prepared from recipe  | 28.35     | 1.0 oz   | 0.077                         |
| 10228  | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw                | 28.35     | 1.0 oz   | 0.077                         |
| 17298  | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz   | 0.077                         |
| 18126  | Cake, shortcake, biscuit-type, prepared from recipe  | 28.35     | 1.0 oz   | 0.077                         |
| 09367  | Cherries, sweet, canned, pitted, heavy syrup, drained  | 179.0     | 1.0 cup  | 0.077                         |
| 01225  | Dulce de Leche   | 19.0      | 1.0 tbsp   | 0.077                         |
| 06964  | Soup, tomato, low sodium, with water   | 248.0     | 1.0 serving 1 cup                                | 0.077                         |
| 42205  | Cheese, pasteurized process, cheddar or American, fat-free   | 16.0      | 1.0 cubic inch                                   | 0.077                         |
| 11225  | Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt  | 87.0      | 1.0 cup  | 0.077                         |
| 11788  | Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt   | 87.0      | 1.0 cup  | 0.077                         |
| 18090  | Cake, boston cream pie, commercially prepared  | 28.35     | 1.0 oz   | 0.077                         |
| 17278  | Veal, shank (fore and hind), separable lean only, raw  | 28.35     | 1.0 oz   | 0.077                         |
| 17122  | Veal, shoulder, arm, separable lean and fat, raw   | 28.35     | 1.0 oz   | 0.077                         |
| 19823  | Potato chips, without salt, reduced fat  | 28.35     | 1.0 oz   | 0.077                         |
| 01027  | Cheese, mozzarella, whole milk, low moisture   | 28.35     | 1.0 oz   | 0.077                         |
| 05600  | USDA Commodity, turkey ham, dark meat, smoked, frozen  | 28.35     | 1.0 oz   | 0.077                         |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>         | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|------------------------|---------------------------------------|
| 17094         | Veal, leg (top round), separable lean and fat, raw                       | 28.35            | 1.0 oz                 | 0.077                                 |
| 17088         | Veal, composite of trimmed retail cuts, separable lean and fat, raw      | 28.35            | 1.0 oz                 | 0.077                                 |
| 17172         | Game meat, moose, raw  | 28.35            | 1.0 oz                 | 0.077                                 |
| 12032         | Seeds, sesame flour, partially defatted                                  | 28.35            | 1.0 oz                 | 0.077                                 |
| 12198         | Seeds, sesame butter, tahini, from raw and stone ground kernels          | 15.0             | 1.0 tbsp               | 0.076                                 |
| 15074         | Fish, sablefish, raw   | 85.0             | 3.0 oz                 | 0.076                                 |
| 23422         | Beef, New Zealand, imported, knuckle, cooked, fast fried                 | 85.0             | 3.0 oz                 | 0.076                                 |
| 15105         | Fish, sturgeon, mixed species, cooked, dry heat                          | 85.0             | 3.0 oz                 | 0.076                                 |
| 18347         | Rolls, dinner, wheat   | 28.0             | 1.0 roll (1 oz)        | 0.076                                 |
| 20096         | Pasta, fresh-refrigerated, spinach, cooked                               | 57.0             | 2.0 oz                 | 0.076                                 |
| 12033         | Seeds, sesame flour, low-fat   | 28.35            | 1.0 oz                 | 0.076                                 |
| 18032         | Bread, irish soda, prepared from recipe                                  | 28.35            | 1.0 oz                 | 0.076                                 |
| 18133         | Cake, sponge, commercially prepared                                      | 28.35            | 1.0 oz                 | 0.076                                 |
| 06956         | Soup, tomato, canned, condensed, reduced sodium                          | 121.0            | 1.0 serving 1/2 cup    | 0.076                                 |
| 03109         | Babyfood, vegetables, sweet potatoes, junior                             | 224.0            | 1.0 cup                | 0.076                                 |
| 16518         | WORTHINGTON Saucettes, canned, unprepared                                | 38.0             | 1.0 link               | 0.076                                 |
| 16538         | MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared  | 38.0             | 1.0 Patty              | 0.076                                 |
| 20015         | Corn bran, crude   | 76.0             | 1.0 cup                | 0.076                                 |
| 16609         | MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared                   | 38.0             | 1.0 pattie             | 0.076                                 |
| 11018         | Asparagus, frozen, unprepared  | 58.0             | 4.0 spears             | 0.076                                 |
| 17276         | Veal, shank (fore and hind), separable lean and fat, raw                 | 28.35            | 1.0 oz                 | 0.076                                 |
| 15241         | Fish, trout, rainbow, farmed, cooked, dry heat                           | 71.0             | 1.0 fillet             | 0.076                                 |
| 06451         | Soup, pea, split with ham, canned, prepared with equal volume water      | 253.0            | 1.0 cup (8 fl oz)      | 0.076                                 |
| 21388         | Fast foods, miniature cinnamon rolls                                     | 25.0             | 1.0 each               | 0.076                                 |
| 17375         | Lamb, New Zealand, imported, sweetbread, raw                             | 113.0            | 4.0 oz                 | 0.076                                 |
| 19422         | Snacks, potato chips, reduced fat  | 28.35            | 1.0 oz                 | 0.076                                 |
| 06446         | Soup, cream of onion, canned, prepared with equal volume water           | 244.0            | 1.0 cup (8 fl oz)      | 0.076                                 |
| 28371         | UD'S, Gluten Free, Soft & Delicious White Sandwich Bread                 | 28.0             | 1.0 slice              | 0.076                                 |
| 28338         | Bread, gluten-free, white, made with tapioca starch and brown rice flour | 28.0             | 1.0 slice              | 0.076                                 |
| 06051         | Soup, pea, split with ham, canned, condensed                             | 135.0            | 0.5 cup (4 fl oz)      | 0.076                                 |
| 13166         | USDA Commodity, beef, canned   | 45.0             | 1.0 serving            | 0.076                                 |
| 15167         | Mollusks, oyster, eastern, wild, raw                                     | 84.0             | 6.0 medium             | 0.076                                 |
| 06147         | Soup, beef mushroom, canned, condensed                                   | 126.0            | 0.5 cup (4 fl oz)      | 0.076                                 |
| 06046         | Soup, cream of onion, canned, condensed                                  | 126.0            | 0.5 cup                | 0.076                                 |
| 18157         | Cookies, chocolate wafers  | 28.35            | 1.0 oz                 | 0.075                                 |
| 28046         | KEEBLER, ANIMALS, Crackers   | 29.0             | 8.0 crackers 1 serving | 0.075                                 |

| NDB_No | Description  | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-------------------------------------|-------------------------------|
| 28108  | KEEBLER, Holiday Jingles Cookies                                     | 29.0      | 6.0 cookies                         | 0.075                         |
| 11780  | Cowpeas, leafy tips, cooked, boiled, drained, with salt              | 53.0      | 1.0 cup, chopped                    | 0.075                         |
| 11202  | Cowpeas, leafy tips, cooked, boiled, drained, without salt           | 53.0      | 1.0 cup, chopped                    | 0.075                         |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins            | 28.35     | 1.0 oz                              | 0.075                         |
| 15020  | Fish, croaker, Atlantic, raw   | 79.0      | 1.0 fillet                          | 0.075                         |
| 36010  | T.G.I. FRIDAY'S, chicken fingers, from kids' menu                    | 41.0      | 1.0 piece                           | 0.075                         |
| 09379  | Plums, canned, heavy syrup, drained                                  | 183.0     | 1.0 cup, with pits, yields          | 0.075                         |
| 28191  | KELLOGG'S, SPECIAL K, Savory Herb Crackers                           | 30.0      | 24.0 crackers                       | 0.075                         |
| 28029  | GIRL SCOUTS, Caramel Dulce De Leche Cookies                          | 30.0      | 4.0 cookies                         | 0.075                         |
| 28124  | KEEBLER, SANDIES, Cashew Shortbread Cookies                          | 30.0      | 2.0 cookies                         | 0.075                         |
| 18177  | Cookies, molasses  | 28.35     | 1.0 oz                              | 0.075                         |
| 11221  | Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt | 178.0     | 1.0 cup (1" pieces)                 | 0.075                         |
| 11785  | Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt    | 178.0     | 1.0 cup (1" pieces)                 | 0.075                         |
| 11574  | Turnip greens, frozen, unprepared                                    | 82.0      | 0.5 cup, chopped or diced           | 0.075                         |
| 18148  | Cheesecake prepared from mix, no-bake type                           | 28.35     | 1.0 oz                              | 0.075                         |
| 18190  | Cookies, peanut butter sandwich, regular                             | 28.35     | 1.0 oz                              | 0.075                         |
| 18244  | Danish pastry, cinnamon, enriched                                    | 28.35     | 1.0 oz                              | 0.075                         |
| 11095  | Broccoli, frozen, spears, cooked, boiled, drained, without salt      | 92.0      | 0.5 cup                             | 0.075                         |
| 11744  | Broccoli, frozen, spears, cooked, boiled, drained, with salt         | 92.0      | 0.5 cup                             | 0.075                         |
| 11647  | Sweet potato, canned, syrup pack, drained solids                     | 196.0     | 1.0 cup                             | 0.074                         |
| 20034  | Oat bran, cooked   | 219.0     | 1.0 cup                             | 0.074                         |
| 15225  | Fish, yellowtail, mixed species, cooked, dry heat                    | 146.0     | 0.5 fillet                          | 0.074                         |
| 18961  | Crackers, cream, GAMESA SABROSAS                                     | 31.0      | 11.0 crackers (1 NLEA serving)      | 0.074                         |
| 28205  | MOTHER'S, Macaroon Cookies   | 31.0      | 2.0 cookies                         | 0.074                         |
| 09206  | Orange juice, raw  | 248.0     | 1.0 cup                             | 0.074                         |
| 32031  | Salisbury steak with gravy, frozen                                   | 63.0      | 1.0 patty                           | 0.074                         |
| 09056  | Boysenberries, canned, heavy syrup                                   | 256.0     | 1.0 cup                             | 0.074                         |
| 11124  | Carrots, raw   | 128.0     | 1.0 cup chopped                     | 0.074                         |
| 11880  | Taro, shoots, cooked, with salt                                      | 140.0     | 1.0 cup slices                      | 0.074                         |
| 11523  | Taro shoots, cooked, without salt                                    | 140.0     | 1.0 cup slices                      | 0.074                         |
| 20114  | Noodles, japanese, soba, dry   | 57.0      | 2.0 oz                              | 0.074                         |
| 19155  | Candies, MARS SNACKFOOD US, SNICKERS Bar                             | 57.0      | 1.0 bar (2 oz)                      | 0.074                         |
| 09217  | Orange-grapefruit juice, canned or bottled, unsweetened              | 247.0     | 1.0 cup                             | 0.074                         |
| 19914  | Candies, M&M MARS 3 MUSKETEERS Truffle Crisp                         | 31.0      | 1.0 serving                         | 0.074                         |
| 09203  | Oranges, raw, Florida  | 185.0     | 1.0 cup sections, without membranes | 0.074                         |
| 11620  | Drumstick pods, raw  | 100.0     | 1.0 cup slices                      | 0.074                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 17280  | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz   | 0.074                         |
| 05057  | Chicken, broilers or fryers, breast, meat and skin, raw   | 87.0      | 0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken) | 0.074                         |
| 07962  | Frankfurter, meat and poultry, unheated   | 51.0      | 1.0 frankfurter  | 0.074                         |
| 13956  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw                           | 85.0      | 3.0 oz   | 0.074                         |
| 03108  | Babyfood, vegetables, sweet potatoes strained   | 224.0     | 1.0 cup  | 0.074                         |
| 07964  | Frankfurter, meat and poultry, cooked, grilled  | 48.0      | 1.0 frankfurter  | 0.074                         |
| 20648  | Sorghum flour, whole-grain  | 121.0     | 1.0 cup  | 0.074                         |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt  | 180.0     | 1.0 cup, sliced  | 0.074                         |
| 14067  | Beverages, Protein powder soy based   | 45.0      | 1.0 scoop  | 0.074                         |
| 11857  | Squash, summer, all varieties, cooked, boiled, drained, with salt   | 180.0     | 1.0 cup slices   | 0.074                         |
| 33871  | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA                                      | 9.6       | 1.0 scoop  | 0.074                         |
| 11570  | Turnip greens, canned, solids and liquids   | 117.0     | 0.5 cup  | 0.074                         |
| 21130  | Fast foods, onion rings, breaded and fried  | 117.0     | 1.0 package (18 onion rings)                                     | 0.074                         |
| 17188  | Veal, variety meats and by-products, brain, raw   | 28.35     | 1.0 oz   | 0.074                         |
| 18245  | Danish pastry, cheese   | 28.35     | 1.0 oz   | 0.074                         |
| 17262  | Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw                            | 28.35     | 1.0 oz   | 0.074                         |
| 15137  | Crustaceans, crab, alaska king, cooked, moist heat  | 134.0     | 1.0 leg  | 0.074                         |
| 28221  | MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies  | 32.0      | 3.0 cookies  | 0.074                         |
| 28277  | MURRAY, SUGAR FREE, Chocolate Chip Cookies  | 32.0      | 3.0 cookies  | 0.074                         |
| 28215  | MURRAY, JACKS Vanilla Wafers  | 32.0      | 9.0 cookies  | 0.074                         |
| 28278  | MURRAY, SUGAR FREE, Oatmeal Cookies   | 32.0      | 3.0 cookies  | 0.074                         |
| 11224  | Hyacinth-beans, immature seeds, raw   | 80.0      | 1.0 cup  | 0.074                         |
| 09272  | Pineapple, frozen, chunks, sweetened  | 245.0     | 1.0 cup, chunks  | 0.074                         |
| 28123  | KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels   | 21.0      | 1.0 pouch  | 0.074                         |
| 06528  | Soup, chicken noodle, dry, mix, prepared with water   | 245.0     | 1.0 cup  | 0.074                         |
| 11698  | Chrysanthemum leaves, raw   | 51.0      | 1.0 cup, chopped   | 0.073                         |
| 06192  | Split pea soup, canned, reduced sodium, prepared with water or ready-to serve   | 253.0     | 1.0 cup  | 0.073                         |
| 18946  | Pie crust, refrigerated, regular, baked   | 198.0     | 1.0 pie crust  | 0.073                         |
| 03999  | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA                                      | 9.5       | 1.0 scoop  | 0.073                         |
| 11398  | Potato puffs, frozen, unprepared  | 120.0     | 1.0 cup  | 0.073                         |
| 06963  | Fish broth  | 244.0     | 1.0 cup  | 0.073                         |
| 09140  | Guavas, strawberry, raw   | 244.0     | 1.0 cup  | 0.073                         |
| 09401  | Applesauce, canned, unsweetened, with added ascorbic acid   | 244.0     | 1.0 cup  | 0.073                         |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)                                | 244.0     | 1.0 cup  | 0.073                         |

| NDB_No | Description  | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 18211  | Puff pastry, frozen, ready-to-bake, baked  | 28.35     | 1.0 oz                                   | 0.073                         |
| 23433  | Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried  | 85.0      | 3.0 oz                                   | 0.073                         |
| 23410  | Beef, New Zealand, imported, flank, separable lean only, cooked, braised   | 85.0      | 3.0 oz                                   | 0.073                         |
| 20018  | Corn flour, yellow, degermed, unenriched   | 126.0     | 1.0 cup                                  | 0.073                         |
| 15261  | Fish, tilapia, raw   | 116.0     | 1.0 fillet                               | 0.073                         |
| 06426  | Soup, chili beef, canned, prepared with equal volume water   | 261.0     | 1.0 cup                                  | 0.073                         |
| 05705  | Turkey, whole, meat only, with added solution, roasted   | 28.0      | 3.0 oz                                   | 0.073                         |
| 32011  | Yellow rice with seasoning, dry packet mix, unprepared   | 57.0      | 1.0 serving (2 oz)                       | 0.073                         |
| 18229  | Crackers, standard snack-type, regular   | 16.0      | 5.0 crackers                             | 0.073                         |
| 09034  | Apricots, dried, sulfured, stewed, with added sugar  | 270.0     | 1.0 cup, halves                          | 0.073                         |
| 01164  | Cheese sauce, prepared from recipe   | 30.0      | 2.0 tbsp                                 | 0.073                         |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine  | 28.35     | 1.0 oz                                   | 0.073                         |
| 43312  | Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added   | 182.0     | 1.0 cup                                  | 0.073                         |
| 07051  | Olive loaf, pork   | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.073                         |
| 11276  | New Zealand spinach, raw   | 56.0      | 1.0 cup, chopped                         | 0.073                         |
| 19111  | Candies, NESTLE, BABY RUTH Bar   | 60.0      | 1.0 serving 2.1 oz bar                   | 0.073                         |
| 43365  | Tomato and vegetable juice, low sodium   | 242.0     | 1.0 cup                                  | 0.073                         |
| 18228  | Crackers, saltines (includes oyster, soda, soup)   | 14.9      | 5.0 crackers                             | 0.073                         |
| 11105  | Burdock root, cooked, boiled, drained, without salt  | 125.0     | 1.0 cup (1" pieces)                      | 0.072                         |
| 11747  | Burdock root, cooked, boiled, drained, with salt   | 125.0     | 1.0 cup (1" pieces)                      | 0.072                         |
| 07963  | Frankfurter, meat and poultry, cooked, boiled  | 50.0      | 1.0 frankfurter                          | 0.072                         |
| 10003  | Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw | 28.35     | 1.0 oz                                   | 0.072                         |
| 15194  | Fish, mahimahi, cooked, dry heat   | 85.0      | 3.0 oz                                   | 0.072                         |
| 15146  | Crustaceans, crayfish, mixed species, wild, cooked, moist heat   | 85.0      | 3.0 oz                                   | 0.072                         |
| 23458  | Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised  | 85.0      | 3.0 oz                                   | 0.072                         |
| 27001  | Soup, hot and sour, Chinese restaurant   | 233.0     | 1.0 cup                                  | 0.072                         |
| 09219  | Tangerines, (mandarin oranges), canned, juice pack   | 249.0     | 1.0 cup                                  | 0.072                         |
| 28198  | MOTHER'S, Double Fudge Creme Sandwich Cookies  | 38.0      | 2.0 cookies                              | 0.072                         |
| 18005  | Bagels, cinnamon-raisin  | 26.0      | 1.0 mini bagel (2-1/2" dia)              | 0.072                         |
| 10187  | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw                | 28.35     | 1.0 oz                                   | 0.072                         |
| 10002  | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw                                  | 28.35     | 1.0 oz                                   | 0.072                         |
| 09200  | Oranges, raw, all commercial varieties   | 180.0     | 1.0 cup, sections                        | 0.072                         |
| 11527  | Tomatoes, green, raw   | 180.0     | 1.0 cup                                  | 0.072                         |
| 09201  | Oranges, raw, California, valencias  | 180.0     | 1.0 cup sections, without membranes      | 0.072                         |

| NDB_No | Description  | Weight(g) | Measure                      | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------|-------------------------------|
| 16522  | WORTHINGTON Vegetable Steaks, canned, unprepared                                     | 72.0      | 2.0 slices                   | 0.072                         |
| 08363  | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran                     | 16.0      | 0.25 cup (1 NLEA serving)    | 0.072                         |
| 28275  | MURRAY, Old Fashioned Gingersnaps Cookies  | 30.0      | 5.0 cookies                  | 0.072                         |
| 18981  | KASHI, TLC, Fire Roasted Vegetable Crackers  | 30.0      | 15.0 crackers                | 0.072                         |
| 28038  | JACKSON'S, Old Fashioned Vanilla Wafers  | 30.0      | 8.0 cookies                  | 0.072                         |
| 28263  | KEEBLER, Grahams, Cinnamon Crisp   | 30.0      | 8.0 crackers                 | 0.072                         |
| 06970  | Soup, chicken broth, low sodium, canned  | 240.0     | 1.0 cup                      | 0.072                         |
| 08200  | Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry                                      | 40.0      | 0.5 cup (1 NLEA serving)     | 0.072                         |
| 28157  | KEEBLER, WHEATABLES, Honey Wheat Crackers  | 30.0      | 17.0 crackers                | 0.072                         |
| 11643  | Squash, winter, all varieties, raw   | 116.0     | 1.0 cup, cubes               | 0.072                         |
| 06930  | Sauce, cheese, ready-to-serve  | 63.0      | 0.25 cup                     | 0.072                         |
| 16368  | Hyacinth beans, mature seeds, cooked, boiled, with salt                              | 194.0     | 1.0 cup                      | 0.072                         |
| 19097  | Sherbet, orange  | 74.0      | 0.5 cup (4 fl oz)            | 0.072                         |
| 16068  | Hyacinth beans, mature seeds, cooked, boiled, without salt                           | 194.0     | 1.0 cup                      | 0.072                         |
| 18064  | Bread, wheat   | 28.35     | 1.0 oz                       | 0.072                         |
| 43450  | Frozen novelties, juice type, juice with cream                                       | 71.0      | 2.5 oz                       | 0.072                         |
| 06558  | Soup, tomato bisque, canned, prepared with equal volume water                        | 247.0     | 1.0 cup (8 fl oz)            | 0.072                         |
| 43417  | Babyfood, meat, beef with vegetables, toddler  | 179.0     | 1.0 jar NFS                  | 0.072                         |
| 05346  | Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning | 53.0      | 1.0 wing                     | 0.072                         |
| 09402  | Applesauce, canned, sweetened, with salt   | 255.0     | 1.0 cup                      | 0.071                         |
| 18967  | Bread, white wheat   | 28.0      | 1.0 slice                    | 0.071                         |
| 13920  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw    | 85.0      | 3.0 oz                       | 0.071                         |
| 28056  | KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies                                   | 34.0      | 1.0 pouch                    | 0.071                         |
| 09112  | Grapefruit, raw, pink and red, all areas   | 230.0     | 1.0 cup sections, with juice | 0.071                         |
| 12024  | Seeds, sesame seeds, whole, roasted and toasted                                      | 28.35     | 1.0 oz                       | 0.071                         |
| 01140  | Egg, quail, whole, fresh, raw  | 9.0       | 1.0 egg                      | 0.071                         |
| 15240  | Fish, trout, rainbow, farmed, raw  | 79.0      | 1.0 fillet                   | 0.071                         |
| 06190  | Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve      | 245.0     | 1.0 cup                      | 0.071                         |
| 11674  | Potatoes, baked, flesh and skin, without salt  | 148.0     | 1.0 NLEA serving             | 0.071                         |
| 16586  | GARDENBURGER Veggie Medley Burger, frozen, unprepared                                | 71.0      | 1.0 patty                    | 0.071                         |
| 16579  | GARDENBURGER Original, frozen, unprepared  | 71.0      | 1.0 patty                    | 0.071                         |
| 16607  | MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared                           | 71.0      | 1.0 patty                    | 0.071                         |
| 16557  | MORNINGSTAR FARMS Chik Patties, frozen, unprepared                                   | 71.0      | 1.0 patty                    | 0.071                         |
| 22121  | MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared                                 | 71.0      | 1.0 Burger                   | 0.071                         |
| 16608  | MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared                          | 71.0      | 1.0 patty                    | 0.071                         |
| 36412  | Restaurant, Latino, tamale, pork   | 142.0     | 1.0 piece                    | 0.071                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 16584  | GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared                                      | 71.0      | 1.0 patty                 | 0.071                         |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)                     | 15.0      | 1.0 tbsp                  | 0.071                         |
| 06158  | Soup, tomato bisque, canned, condensed  | 129.0     | 0.5 cup (4 fl oz)         | 0.071                         |
| 17013  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw | 28.35     | 1.0 oz                    | 0.071                         |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                                   | 28.35     | 1.0 oz                    | 0.071                         |
| 17017  | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw                | 28.35     | 1.0 oz                    | 0.071                         |
| 17210  | Lamb, variety meats and by-products, pancreas, raw  | 28.35     | 1.0 oz                    | 0.071                         |
| 17021  | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw              | 28.35     | 1.0 oz                    | 0.071                         |
| 11697  | Arrowroot, raw  | 120.0     | 1.0 cup, sliced           | 0.071                         |
| 06413  | Soup, chicken broth, canned, prepared with equal volume water   | 244.0     | 1.0 cup (8 fl oz)         | 0.071                         |
| 22969  | Chili with beans, microwavable bowls  | 244.0     | 1.0 cup                   | 0.071                         |
| 10934  | Pork, cured, ham, shank, bone-in, separable lean only, unheated                                       | 28.35     | 1.0 oz                    | 0.071                         |
| 18357  | Sweet rolls, cinnamon, refrigerated dough with frosting   | 28.35     | 1.0 oz                    | 0.071                         |
| 18295  | Pancakes, buckwheat, dry mix, incomplete  | 28.35     | 1.0 oz                    | 0.071                         |
| 15234  | Fish, catfish, channel, farmed, raw   | 85.0      | 3.0 oz                    | 0.071                         |
| 11182  | Corn, yellow, whole kernel, frozen, microwaved  | 141.0     | 1.0 cup                   | 0.071                         |
| 11764  | Celery, cooked, boiled, drained, with salt  | 150.0     | 1.0 cup, diced            | 0.070                         |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                                      | 29.0      | 1.0 slice                 | 0.070                         |
| 21309  | McDONALD'S, Chicken McNUGGETS   | 64.0      | 4.0 pieces                | 0.070                         |
| 18562  | ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps  | 32.0      | 1.0 serving               | 0.070                         |
| 11729  | Beans, snap, green, canned, no salt added, drained solids   | 153.0     | 1.0 cup                   | 0.070                         |
| 05339  | Chicken, broiler, rotisserie, BBQ, wing, meat only  | 51.0      | 1.0 wing                  | 0.070                         |
| 07001  | Barbecue loaf, pork, beef   | 28.35     | 1.0 oz                    | 0.070                         |
| 19188  | Puddings, chocolate, dry mix, regular   | 99.0      | 1.0 package (3.5 oz)      | 0.070                         |
| 08169  | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt                            | 251.0     | 1.0 cup (1 serving)       | 0.070                         |
| 07230  | OSCAR MAYER, Salami (hard)  | 27.0      | 1.0 serving 3 slices      | 0.070                         |
| 09218  | Tangerines, (mandarin oranges), raw   | 195.0     | 1.0 cup, sections         | 0.070                         |
| 22904  | Chili con carne with beans, canned entree   | 242.0     | 1.0 cup                   | 0.070                         |
| 05312  | Chicken, wing, frozen, glazed, barbecue flavored  | 29.0      | 1.0 piece                 | 0.070                         |
| 18225  | Crackers, rye, sandwich-type with cheese filling  | 14.2      | 0.5 oz                    | 0.070                         |
| 19022  | Snacks, granola bars, soft, uncoated, raisin  | 43.0      | 1.0 bar (1.5 oz)          | 0.070                         |
| 10803  | USDA Commodity, pork, ground, fine/coarse, frozen, cooked   | 28.35     | 1.0 oz grilled patties    | 0.070                         |
| 28106  | KEEBLER, Almond Crescents Cookies, Holiday  | 28.0      | 4.0 cookies               | 0.070                         |
| 08435  | Cereals ready-to-eat, UNCLE SAM CEREAL  | 55.0      | 0.75 cup (1 NLEA serving) | 0.070                         |
| 11436  | Rutabagas, cooked, boiled, drained, without salt  | 170.0     | 1.0 cup, cubes            | 0.070                         |
| 08038  | Cereals ready-to-eat, POST, GRAPE-NUTS Cereal   | 58.0      | 0.5 cup (1 NLEA serving)  | 0.070                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 28273  | MURRAY, Vanilla Creme Sandwich Cookies  | 29.0      | 3.0 cookies                                      | 0.070                         |
| 09048  | Blackberries, frozen, unsweetened   | 151.0     | 1.0 cup, unthawed                                | 0.069                         |
| 18263  | English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)   | 28.35     | 1.0 oz   | 0.069                         |
| 28299  | Cookies, chocolate sandwich, with creme filling, reduced fat  | 34.0      | 1.0 serving                                      | 0.069                         |
| 09276  | Pitanga, (surinam-cherry), raw  | 173.0     | 1.0 cup  | 0.069                         |
| 18358  | Sweet rolls, cinnamon, refrigerated dough with frosting, baked  | 28.35     | 1.0 oz   | 0.069                         |
| 33862  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder   | 9.6       | 1.0 scoop  | 0.069                         |
| 28152  | KEEBLER, Vanilla Wafers Minis, Rainbow  | 30.0      | 18.0 cookies                                     | 0.069                         |
| 18609  | KEEBLER, Vanilla Wafers   | 30.0      | 8.0 cookies                                      | 0.069                         |
| 28233  | MURRAY, Vanilla Wafer   | 30.0      | 8.0 cookies                                      | 0.069                         |
| 19118  | Candies, NESTLE, OH HENRY! Bar  | 57.0      | 1.0 bar 2 oz                                     | 0.069                         |
| 32000  | Rice and vermicelli mix, beef flavor, unprepared  | 61.0      | 0.333 cup  | 0.069                         |
| 21418  | POPEYES, Spicy Chicken Strips, analyzed 2006  | 53.0      | 1.0 strip  | 0.069                         |
| 05352  | Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning                          | 53.0      | 1.0 wing   | 0.069                         |
| 18210  | Cookies, vanilla sandwich with creme filling  | 28.35     | 1.0 oz   | 0.069                         |
| 28392  | PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread   | 43.0      | 1.0 serving                                      | 0.069                         |
| 01199  | Cream, half and half, fat free  | 29.0      | 2.0 tbsp   | 0.069                         |
| 03858  | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted                                    | 8.7       | 1.0 scoop  | 0.069                         |
| 10005  | Pork, fresh, belly, raw   | 28.35     | 1.0 oz   | 0.069                         |
| 10141  | Pork, cured, ham, center slice, country-style, separable lean only, raw   | 28.35     | 1.0 oz   | 0.069                         |
| 19143  | Candies, MR. GOODBAR Chocolate Bar  | 49.0      | 1.0 bar (1.75 oz)                                | 0.069                         |
| 25043  | Snacks, candy bits, yogurt covered with vitamin C   | 20.0      | 1.0 package                                      | 0.069                         |
| 36601  | Restaurant, Chinese, egg rolls, assorted  | 89.0      | 1.0 piece  | 0.069                         |
| 05048  | Chicken, broilers or fryers, back, meat and skin, raw   | 59.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.068                         |
| 28030  | GIRL SCOUTS, Chalet Cookies   | 36.0      | 3.0 cookies                                      | 0.068                         |
| 18239  | Croissants, butter  | 28.35     | 1.0 oz   | 0.068                         |
| 07901  | USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked   | 28.35     | 1.0 oz   | 0.068                         |
| 03193  | Babyfood, cereal, oatmeal, with honey, dry  | 2.4       | 1.0 tbsp   | 0.068                         |
| 28125  | KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies   | 31.0      | 2.0 cookies                                      | 0.068                         |
| 18025  | Bread, cracked-wheat  | 28.35     | 1.0 oz   | 0.068                         |
| 12158  | Seeds, breadfruit seeds, roasted  | 28.35     | 1.0 oz   | 0.068                         |
| 19005  | Snacks, corn-based, extruded, cones, plain  | 28.35     | 1.0 oz   | 0.068                         |
| 18039  | Bread, oatmeal  | 28.35     | 1.0 oz   | 0.068                         |
| 18247  | Danish pastry, nut (includes almond, raisin nut, cinnamon nut)  | 28.35     | 1.0 oz   | 0.068                         |
| 17320  | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz   | 0.068                         |

| NDB_No | Description   | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 17232  | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw                 | 28.35     | 1.0 oz                                   | 0.068                         |
| 17113  | Veal, rib, separable lean only, raw   | 28.35     | 1.0 oz                                   | 0.068                         |
| 17059  | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw | 28.35     | 1.0 oz                                   | 0.068                         |
| 17324  | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw           | 28.35     | 1.0 oz                                   | 0.068                         |
| 15018  | Fish, cod, Atlantic, dried and salted   | 28.35     | 1.0 oz                                   | 0.068                         |
| 19081  | Candies, sweet chocolate  | 28.35     | 1.0 oz                                   | 0.068                         |
| 17230  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw  | 28.35     | 1.0 oz                                   | 0.068                         |
| 18114  | Cake, gingerbread, dry mix  | 28.35     | 1.0 oz                                   | 0.068                         |
| 17328  | Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw         | 28.35     | 1.0 oz                                   | 0.068                         |
| 18053  | Bread, reduced-calorie, rye   | 28.35     | 1.0 oz                                   | 0.068                         |
| 15134  | Fish, wolffish, Atlantic, raw   | 85.0      | 3.0 oz                                   | 0.068                         |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi   | 85.0      | 3.0 oz                                   | 0.068                         |
| 07900  | Turkey, pork, and beef sausage, low fat, smoked   | 85.0      | 3.0 oz                                   | 0.068                         |
| 15129  | Fish, turbot, european, raw   | 85.0      | 3.0 oz                                   | 0.068                         |
| 15038  | Fish, halibut, Greenland, raw   | 85.0      | 3.0 oz                                   | 0.068                         |
| 15243  | Crustaceans, crayfish, mixed species, farmed, cooked, moist heat  | 85.0      | 3.0 oz                                   | 0.068                         |
| 03185  | Babyfood, cereal, mixed, dry fortified  | 2.5       | 1.0 tbsp                                 | 0.068                         |
| 03114  | Babyfood, vegetable, butternut squash and corn  | 113.0     | 1.0 jar, Gerber (4 oz)                   | 0.068                         |
| 03055  | Babyfood, dinner, beef with vegetables  | 113.0     | 1.0 jar Beech-Nut Stage 2 (4 oz)         | 0.068                         |
| 07062  | Picnic loaf, pork, beef   | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.068                         |
| 03217  | Zwieback  | 28.35     | 1.0 oz                                   | 0.068                         |
| 35206  | Plums, wild (Northern Plains Indians)   | 161.0     | 1.0 cup                                  | 0.068                         |
| 03195  | Babyfood, cereal, rice, with applesauce and bananas, strained   | 16.0      | 1.0 tbsp                                 | 0.068                         |
| 28282  | SUNSHINE, KRISPY, Soup & Oyster Crackers (large)  | 15.0      | 16.0 crackers                            | 0.068                         |
| 42135  | Whipped topping, frozen, low fat  | 75.0      | 1.0 cup                                  | 0.068                         |
| 08690  | Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry   | 75.0      | 1.0 package (1 NLEA serving)             | 0.068                         |
| 10226  | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw      | 28.35     | 1.0 oz                                   | 0.067                         |
| 10802  | USDA Commodity, pork, cured, ham, boneless, cooked, heated  | 28.35     | 1.0 oz boneless                          | 0.067                         |
| 33867  | Infant formula, GERBER, GOOD START, PROTECT PLUS, powder  | 9.4       | 1.0 scoop                                | 0.067                         |
| 33869  | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder  | 9.4       | 1.0 scoop                                | 0.067                         |
| 31035  | Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS  | 269.0     | 1.0 cup                                  | 0.067                         |
| 28206  | MOTHER'S, Old Fashioned Chocolate Chip Cookies  | 32.0      | 2.0 cookies                              | 0.067                         |
| 18617  | NABISCO, NABISCO GRAHAMS Crackers   | 28.0      | 1.0 serving                              | 0.067                         |
| 33866  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder                        | 9.6       | 1.0 scoop                                | 0.067                         |
| 14064  | Beverages, Orange juice, light, No pulp   | 240.0     | 8.0 fl oz                                | 0.067                         |
| 17288  | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw               | 28.35     | 1.0 oz                                   | 0.067                         |

| NDB_No | Description  | Weight(g) | Measure                       | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-------------------------------|-------------------------------|
| 17205  | Lamb, variety meats and by-products, lungs, raw  | 28.35     | 1.0 oz                        | 0.067                         |
| 15016  | Fish, cod, Atlantic, cooked, dry heat  | 85.0      | 3.0 oz                        | 0.067                         |
| 11295  | Onion rings, breaded, par fried, frozen, unprepared  | 85.0      | 6.0 rings                     | 0.067                         |
| 15124  | Fish, tuna, white, canned in oil, drained solids   | 85.0      | 3.0 oz                        | 0.067                         |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid   | 85.0      | 3.0 oz                        | 0.067                         |
| 15185  | Fish, tuna, white, canned in oil, without salt, drained solids   | 85.0      | 3.0 oz                        | 0.067                         |
| 03950  | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted                                   | 8.5       | 1.0 scoop                     | 0.067                         |
| 03853  | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted  | 8.5       | 1.0 scoop                     | 0.067                         |
| 22916  | Lasagna with meat & sauce, frozen entree   | 134.0     | 1.0 piece side                | 0.067                         |
| 03837  | Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted  | 8.7       | 1.0 scoop                     | 0.067                         |
| 11976  | Pepper, banana, raw  | 124.0     | 1.0 cup                       | 0.067                         |
| 10105  | Pork, fresh, variety meats and by-products, jowl, raw  | 28.35     | 1.0 oz                        | 0.067                         |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)  | 28.35     | 1.0 oz                        | 0.067                         |
| 23035  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 30.0      | 1.0 medallion                 | 0.067                         |
| 28213  | MURRAY, Duplex Creme Sandwich Cookies  | 29.0      | 3.0 cookies                   | 0.067                         |
| 28225  | MURRAY, SUGAR FREE, Peanut Butter Cookies  | 29.0      | 3.0 cookies                   | 0.067                         |
| 28218  | MURRAY, SOUTHERN KITCHEN, Coconut Cookies  | 29.0      | 2.0 cookies                   | 0.067                         |
| 28214  | MURRAY, Lemon Creme Sandwich Cookies   | 29.0      | 3.0 cookies                   | 0.067                         |
| 11487  | Squash, winter, butternut, frozen, unprepared  | 113.0     | 0.33 package (12 oz)          | 0.067                         |
| 18003  | Bagels, egg  | 28.35     | 1.0 oz                        | 0.067                         |
| 18040  | Bread, oatmeal, toasted  | 28.35     | 1.0 oz                        | 0.067                         |
| 10219  | Pork, fresh, ground, raw   | 28.35     | 1.0 oz                        | 0.067                         |
| 05699  | Turkey, skin from whole, (light and dark), with added solution, roasted  | 28.35     | 1.0 oz                        | 0.067                         |
| 05715  | Turkey, skin, from retail parts, from dark meat, cooked, roasted   | 28.35     | 1.0 oz                        | 0.067                         |
| 06049  | Soup, pea, green, canned, condensed  | 128.0     | 0.5 cup                       | 0.067                         |
| 11298  | Parsnips, raw  | 133.0     | 1.0 cup slices                | 0.066                         |
| 03938  | Infant formula, PBM PRODUCTS, store brand, powder  | 8.4       | 1.0 scoop                     | 0.066                         |
| 01042  | Cheese, pasteurized process, American, fortified with vitamin D  | 28.35     | 1.0 oz                        | 0.066                         |
| 01253  | Cheese, pasteurized process, American, without added vitamin D   | 28.35     | 1.0 oz                        | 0.066                         |
| 11813  | Peas, green, canned, no salt added, drained solids   | 85.0      | 0.5 cup                       | 0.066                         |
| 08365  | Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal  | 63.0      | 3.0 biscuits (1 NLEA serving) | 0.066                         |
| 15027  | Fish, fish sticks, frozen, prepared  | 57.0      | 1.0 piece (4" x 2" x 1/2")    | 0.066                         |
| 03941  | Infant formula, PBM PRODUCTS, store brand, soy, powder   | 8.7       | 1.0 scoop                     | 0.066                         |
| 11869  | Squash, winter, hubbard, cooked, boiled, mashed, with salt   | 236.0     | 1.0 cup, mashed               | 0.066                         |
| 11491  | Squash, winter, hubbard, cooked, boiled, mashed, without salt  | 236.0     | 1.0 cup, mashed               | 0.066                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 15039  | Fish, herring, Atlantic, raw   | 28.35     | 1.0 oz, boneless                                 | 0.066                         |
| 03967  | Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder            | 8.8       | 1.0 scoop  | 0.066                         |
| 09139  | Guavas, common, raw  | 165.0     | 1.0 cup  | 0.066                         |
| 28126  | KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies   | 30.0      | 2.0 cookies                                      | 0.066                         |
| 11378  | Potatoes, mashed, dehydrated, flakes without milk, dry form  | 60.0      | 1.0 cup  | 0.066                         |
| 28195  | MOTHER'S, Chocolate Chip Cookies   | 30.0      | 4.0 cookies                                      | 0.066                         |
| 28160  | KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers  | 30.0      | 18.0 crackers                                    | 0.066                         |
| 09059  | Breadfruit, raw  | 220.0     | 1.0 cup  | 0.066                         |
| 08353  | Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch   | 60.0      | 1.0 cup (1 NLEA serving)                         | 0.066                         |
| 21417  | POPEYES, Mild Chicken Strips, analyzed 2006  | 54.0      | 1.0 strip  | 0.066                         |
| 11384  | Potatoes, au gratin, dry mix, unprepared   | 26.0      | 0.167 package (5.5 oz)                           | 0.066                         |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked                                      | 28.35     | 1.0 oz   | 0.066                         |
| 11025  | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt                                  | 124.0     | 1.0 cup (1/2" pieces)                            | 0.066                         |
| 11711  | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt                                     | 124.0     | 1.0 cup (1/2" pieces)                            | 0.066                         |
| 18426  | Crackers, saltines, unsalted tops (includes oyster, soda, soup)  | 14.2      | 0.5 oz   | 0.066                         |
| 21433  | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed                             | 44.0      | 1.0 wing, without skin                           | 0.066                         |
| 01264  | Ice cream bar, stick or nugget, with crunch coating  | 95.0      | 26.0 pieces                                      | 0.066                         |
| 20010  | Buckwheat groats, roasted, cooked  | 168.0     | 1.0 cup  | 0.066                         |
| 23614  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised            | 28.35     | 1.0 oz   | 0.065                         |
| 05023  | Chicken, gizzard, all classes, raw   | 28.35     | 1.0 oz   | 0.065                         |
| 17207  | Veal, variety meats and by-products, lungs, raw  | 28.35     | 1.0 oz   | 0.065                         |
| 23468  | Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried                       | 85.0      | 3.0 oz   | 0.065                         |
| 15063  | Fish, pike, northern, cooked, dry heat   | 85.0      | 3.0 oz   | 0.065                         |
| 11696  | Tomatoes, yellow, raw  | 139.0     | 1.0 cup, chopped                                 | 0.065                         |
| 11965  | Cauliflower, green, raw  | 64.0      | 1.0 cup  | 0.065                         |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour                              | 29.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.065                         |
| 17234  | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw              | 28.35     | 1.0 oz   | 0.065                         |
| 17026  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw                              | 28.35     | 1.0 oz   | 0.065                         |
| 17011  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35     | 1.0 oz   | 0.065                         |
| 17110  | Veal, rib, separable lean and fat, raw   | 28.35     | 1.0 oz   | 0.065                         |
| 17015  | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw                | 28.35     | 1.0 oz   | 0.065                         |
| 17047  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw                     | 28.35     | 1.0 oz   | 0.065                         |
| 18178  | Cookies, oatmeal, commercially prepared, regular   | 28.35     | 1.0 oz   | 0.065                         |
| 13328  | Beef, variety meats and by-products, lungs, raw  | 28.35     | 1.0 oz   | 0.065                         |
| 18253  | Doughnuts, french crullers, glazed   | 28.35     | 1.0 oz   | 0.065                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 17019  | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw             | 28.35     | 1.0 oz   | 0.065                         |
| 17003  | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35     | 1.0 oz   | 0.065                         |
| 25041  | Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors  | 40.0      | 2.0 bar  | 0.065                         |
| 28207  | MOTHER'S, Old Fashioned Iced Oatmeal Cookies  | 31.0      | 2.0 cookies                                      | 0.065                         |
| 28127  | KEEBLER, SANDIES, Pecan Shortbread Cookies  | 31.0      | 2.0 cookies                                      | 0.065                         |
| 31022  | Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil                                   | 130.0     | 1.0 cup prepared                                 | 0.065                         |
| 06406  | Soup, bean with frankfurters, canned, prepared with equal volume water                                  | 250.0     | 1.0 cup (8 fl oz)                                | 0.065                         |
| 09033  | Apricots, dried, sulfured, stewed, without added sugar  | 250.0     | 1.0 cup, halves                                  | 0.065                         |
| 05063  | Chicken, broilers or fryers, breast, meat only, cooked, fried   | 52.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.065                         |
| 09271  | Pineapple, canned, extra heavy syrup pack, solids and liquids   | 260.0     | 1.0 cup, crushed, sliced, or chunks              | 0.065                         |
| 18104  | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched                                | 28.35     | 1.0 oz   | 0.065                         |
| 05183  | Turkey, dark meat, meat and skin, raw   | 28.35     | 1.0 oz   | 0.065                         |
| 18002  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted               | 24.0      | 1.0 mini bagel (2-1/2" dia)                      | 0.065                         |
| 03181  | Babyfood, cereal, barley, dry fortified   | 2.4       | 1.0 tbspc  | 0.065                         |
| 33868  | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder  | 9.4       | 1.0 scoop  | 0.065                         |
| 06449  | Soup, pea, green, canned, prepared with equal volume water  | 259.0     | 1.0 serving 1 cup                                | 0.065                         |
| 06965  | Soup, pea, low sodium, prepared with equal volume water   | 259.0     | 1.0 cup  | 0.065                         |
| 11834  | Potatoes, microwaved, cooked, in skin, flesh and skin, with salt  | 202.0     | 1.0 potato (2-1/3" x 4-3/4")                     | 0.065                         |
| 11675  | Potatoes, microwaved, cooked in skin, flesh and skin, without salt                                      | 202.0     | 1.0 potato (2-3/4" dia by 4-3/4" long)           | 0.065                         |
| 18179  | Cookies, oatmeal, commercially prepared, soft-type  | 28.35     | 1.0 oz   | 0.065                         |
| 10010  | Pork, fresh, leg (ham), whole, separable lean only, raw   | 28.35     | 1.0 oz   | 0.065                         |
| 28132  | KEEBLER, Toasted Coconut Cookies  | 38.0      | 2.0 cookies                                      | 0.065                         |
| 28208  | MOTHER'S, Peanut Butter Gauchos Cookies   | 38.0      | 2.0 cookies                                      | 0.065                         |
| 28209  | MOTHER'S, Taffy Sandwich Cookies  | 38.0      | 2.0 cookies                                      | 0.065                         |
| 28261  | FAMOUS AMOS, Chocolate Sandwich Creme Cookies   | 34.0      | 3.0 cookies                                      | 0.065                         |
| 15230  | Mollusks, octopus, common, cooked, moist heat   | 85.0      | 3.0 oz   | 0.065                         |
| 07956  | Beef sausage, fresh, cooked   | 43.0      | 1.0 serving                                      | 0.064                         |
| 16427  | Tofu, raw, regular, prepared with calcium sulfate   | 124.0     | 0.5 cup  | 0.064                         |
| 28217  | MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies  | 28.0      | 2.0 cookies                                      | 0.064                         |
| 28228  | MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies  | 28.0      | 3.0 cookies                                      | 0.064                         |
| 28227  | MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies  | 28.0      | 3.0 cookies                                      | 0.064                         |
| 28301  | Cookies, peanut butter, commercially prepared, sugar free   | 29.0      | 1.0 serving 3 cookies                            | 0.064                         |
| 18077  | Bread, whole-wheat, prepared from recipe  | 28.35     | 1.0 oz   | 0.064                         |
| 18006  | Bagels, cinnamon-raisin, toasted  | 24.0      | 1.0 mini bagel (2-1/2" dia)                      | 0.064                         |
| 32003  | Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine                                 | 238.0     | 1.0 cup  | 0.064                         |
| 11135  | Cauliflower, raw  | 107.0     | 1.0 cup chopped (1/2" pieces)                    | 0.064                         |

| NDB_No | Description  | Weight(g) | Measure                             | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-------------------------------------|-------------------------------|
| 09420  | Jackfruit, canned, syrup pack  | 178.0     | 1.0 cup, drained                    | 0.064                         |
| 11766  | Chayote, fruit, cooked, boiled, drained, with salt   | 160.0     | 1.0 cup (1" pieces)                 | 0.064                         |
| 28052  | KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies  | 32.0      | 2.0 cookies                         | 0.064                         |
| 16592  | MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared                                       | 64.0      | 1.0 burger                          | 0.064                         |
| 16542  | MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared   | 16.0      | 2.0 strips                          | 0.064                         |
| 16535  | WORTHINGTON Stripples, frozen, unprepared  | 16.0      | 2.0 strip                           | 0.064                         |
| 19248  | Candies, HERSHEY'S, ALMOND JOY BITES   | 40.0      | 18.0 pieces                         | 0.064                         |
| 11150  | Chayote, fruit, cooked, boiled, drained, without salt  | 160.0     | 1.0 cup (1" pieces)                 | 0.064                         |
| 16552  | MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared  | 64.0      | 1.0 burger                          | 0.064                         |
| 09267  | Pineapple, canned, water pack, solids and liquids  | 246.0     | 1.0 cup, crushed, sliced, or chunks | 0.064                         |
| 07018  | Chicken spread   | 56.0      | 1.0 serving (1 serving)             | 0.064                         |
| 28272  | MURRAY, Chocolate Creme Sandwich Cookies   | 29.0      | 3.0 cookies                         | 0.064                         |
| 28150  | KEEBLER, TRADITIONS, Iced Lemonade Cookies   | 29.0      | 4.0 cookies                         | 0.064                         |
| 28202  | MOTHER'S, Iced Lemonade Cookies  | 29.0      | 4.0 cookies                         | 0.064                         |
| 10932  | Pork, cured, ham, rump, bone-in, separable lean only, unheated                                       | 28.35     | 1.0 oz                              | 0.064                         |
| 18078  | Bread, whole-wheat, prepared from recipe, toasted  | 28.35     | 1.0 oz                              | 0.064                         |
| 18336  | Pie crust, standard-type, prepared from recipe, baked  | 23.0      | 1.0 piece (1/8 of 9" crust)         | 0.064                         |
| 15262  | Fish, tilapia, cooked, dry heat  | 87.0      | 1.0 fillet                          | 0.064                         |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids  | 254.0     | 1.0 cup, crushed, sliced, or chunks | 0.064                         |
| 06465  | Soup, turkey noodle, canned, prepared with equal volume water  | 244.0     | 1.0 cup                             | 0.063                         |
| 19896  | Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar                  | 56.0      | 1.0 serving 1 bar                   | 0.063                         |
| 12149  | Nuts, pine nuts, pinyon, dried   | 28.35     | 1.0 oz                              | 0.063                         |
| 03813  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed                          | 107.0     | 1.0 Serving 100 ml                  | 0.063                         |
| 03845  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA | 107.0     | 1.0 serving 100 ml                  | 0.063                         |
| 01110  | Milk shakes, thick chocolate   | 28.4      | 1.0 fl oz                           | 0.063                         |
| 18163  | Cookies, chocolate chip, refrigerated dough  | 33.0      | 1.0 serving                         | 0.063                         |
| 09269  | Pineapple, canned, light syrup pack, solids and liquids  | 252.0     | 1.0 cup, crushed, sliced, or chunks | 0.063                         |
| 11979  | Peppers, jalapeno, raw   | 90.0      | 1.0 cup, sliced                     | 0.063                         |
| 11201  | Cowpeas, leafy tips, raw   | 36.0      | 1.0 cup, chopped                    | 0.063                         |
| 28075  | KEEBLER, E.L. FUDGE, Double Stuffed Cookies  | 35.0      | 2.0 cookies                         | 0.063                         |
| 28058  | KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies   | 30.0      | 2.0 cookies                         | 0.063                         |
| 28230  | MURRAY, SUGAR FREE, Shortbread Bites   | 21.0      | 1.0 pouch                           | 0.063                         |
| 10887  | Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated                     | 28.35     | 1.0 oz                              | 0.063                         |
| 11693  | Tomatoes, crushed, canned  | 121.0     | 0.5 cup                             | 0.063                         |
| 07950  | Frankfurter, meat  | 52.0      | 1.0 serving (1 hot dog)             | 0.063                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 22999  | Rice and vermicelli mix, chicken flavor, prepared with 80% margarine                                       | 233.0     | 1.0 cup  | 0.063                         |
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat   | 34.0      | 1.0 serving 3 cookies                            | 0.063                         |
| 15184  | Fish, tuna, light, canned in water, without salt, drained solids   | 85.0      | 3.0 oz   | 0.063                         |
| 19125  | Chocolate-flavored hazelnut spread   | 37.0      | 1.0 serving 2 TBSP                               | 0.063                         |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids  | 262.0     | 1.0 cup  | 0.063                         |
| 03940  | Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted                      | 31.4      | 1.0 fl oz  | 0.063                         |
| 03937  | Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted                           | 31.4      | 1.0 fl oz  | 0.063                         |
| 11084  | Beets, canned, drained solids  | 157.0     | 1.0 cup, diced                                   | 0.063                         |
| 08103  | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt                              | 251.0     | 1.0 cup (1 serving)                              | 0.063                         |
| 09240  | Peaches, canned, light syrup pack, solids and liquids  | 251.0     | 1.0 cup, halves or slices                        | 0.063                         |
| 09176  | Mangos, raw  | 165.0     | 1.0 cup pieces                                   | 0.063                         |
| 23615  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised                | 28.35     | 1.0 oz   | 0.063                         |
| 36035  | Restaurant, family style, coleslaw   | 108.0     | 1.0 serving                                      | 0.063                         |
| 33877  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder   | 8.7       | 1.0 scoop  | 0.063                         |
| 03980  | Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder   | 8.7       | 1.0 scoop  | 0.063                         |
| 33863  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder                                       | 8.7       | 1.0 scoop  | 0.063                         |
| 03857  | Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA                   | 106.0     | 1.0 serving 100 ml                               | 0.063                         |
| 03823  | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed   | 106.0     | 1.0 Serving 100 ml                               | 0.063                         |
| 07907  | USDA Commodity, pork sausage, bulk/links/patties, frozen, raw  | 28.0      | 1.0 link   | 0.062                         |
| 05051  | Chicken, broilers or fryers, back, meat and skin, cooked, roasted  | 32.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.062                         |
| 11473  | Squash, summer, crookneck and straightneck, frozen, unprepared   | 130.0     | 1.0 cup slices                                   | 0.062                         |
| 21493  | DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust   | 78.0      | 1.0 slice  | 0.062                         |
| 18539  | ARCHWAY Home Style Cookies, Old Fashioned Molasses   | 26.0      | 1.0 serving                                      | 0.062                         |
| 07949  | Frankfurter, meat, heated  | 52.0      | 1.0 serving (1 hot dog)                          | 0.062                         |
| 06027  | Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve  | 240.0     | 1.0 cup (8 fl oz)                                | 0.062                         |
| 03802  | Infant formula, NESTLE, GOOD START SUPREME, with iron, powder  | 8.7       | 1.0 scoop  | 0.062                         |
| 10170  | Pork, cured, shoulder, blade roll, separable lean and fat, unheated  | 28.35     | 1.0 oz   | 0.062                         |
| 17055  | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw                     | 28.35     | 1.0 oz   | 0.062                         |
| 17039  | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw     | 28.35     | 1.0 oz   | 0.062                         |
| 18193  | Cookies, shortbread, commercially prepared, pecan  | 28.35     | 1.0 oz   | 0.062                         |
| 13227  | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw                               | 28.35     | 1.0 oz   | 0.062                         |
| 17001  | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35     | 1.0 oz   | 0.062                         |
| 17043  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw                    | 28.35     | 1.0 oz   | 0.062                         |
| 17226  | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35     | 1.0 oz   | 0.062                         |
| 17246  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw                    | 28.35     | 1.0 oz   | 0.062                         |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)            | 28.35     | 1.0 oz   | 0.062                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>           | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|--------------------------|---------------------------------------|
| 17150         | Game meat, beaver, raw  | 28.35            | 1.0 oz                   | 0.062                                 |
| 28311         | Cookies, sugar wafer, chocolate-covered   | 29.0             | 3.0 cookie               | 0.062                                 |
| 03860         | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed   | 31.0             | 1.0 fl oz                | 0.062                                 |
| 28269         | MOTHER'S, Old Fashioned Oatmeal Cookies   | 27.0             | 2.0 cookies              | 0.062                                 |
| 11056         | Beans, snap, green, canned, regular pack, drained solids  | 135.0            | 1.0 cup                  | 0.062                                 |
| 17286         | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw    | 28.35            | 1.0 oz                   | 0.062                                 |
| 18400         | Crackers, matzo, egg and onion  | 14.2             | 0.5 oz                   | 0.062                                 |
| 03827         | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA       | 8.5              | 1.0 scoop                | 0.062                                 |
| 15203         | Fish, monkfish, cooked, dry heat  | 85.0             | 3.0 oz                   | 0.062                                 |
| 03943         | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA                         | 8.7              | 1.0 scoop                | 0.062                                 |
| 28154         | KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat   | 31.0             | 2.0 cookies              | 0.062                                 |
| 28088         | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman   | 31.0             | 3.0 cookies              | 0.062                                 |
| 09063         | Cherries, sour, red, raw  | 155.0            | 1.0 cup, without pits    | 0.062                                 |
| 28053         | KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies   | 31.0             | 2.0 cookies              | 0.062                                 |
| 08245         | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin                                 | 62.0             | 1.0 cup (1 NLEA serving) | 0.062                                 |
| 11968         | Cauliflower, green, cooked, with salt   | 62.0             | 0.5 cup (1" pieces)      | 0.062                                 |
| 03870         | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber                    | 31.0             | 1.0 fl oz                | 0.062                                 |
| 09021         | Apricots, raw   | 155.0            | 1.0 cup, halves          | 0.062                                 |
| 28153         | KEEBLER, Vienna Fingers with Creme Filling  | 31.0             | 2.0 cookies              | 0.062                                 |
| 36005         | APPLEBEE'S, chicken tenders, from kids' menu  | 35.0             | 1.0 piece                | 0.062                                 |
| 03913         | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder                                | 9.4              | 1.0 scoop                | 0.062                                 |
| 08104         | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry     | 11.0             | 1.0 tbsp                 | 0.062                                 |
| 01265         | Cheese, cheddar, nonfat or fat free   | 28.0             | 1.0 serving              | 0.062                                 |
| 10936         | Pork, cured, ham, shank, bone-in, separable lean and fat, unheated                                | 28.35            | 1.0 oz                   | 0.062                                 |
| 28279         | MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies  | 28.0             | 3.0 cookies              | 0.062                                 |
| 15066         | Fish, pollock, Alaska, raw (may have been previously frozen)                                      | 77.0             | 1.0 fillet               | 0.062                                 |
| 11270         | Mustard greens, raw   | 56.0             | 1.0 cup, chopped         | 0.062                                 |
| 28128         | KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size   | 28.0             | 5.0 cookies 28 g package | 0.062                                 |
| 18050         | Bread, reduced-calorie, oat bran, toasted   | 28.35            | 1.0 oz                   | 0.062                                 |
| 18170         | Cookies, fig bars   | 28.35            | 1.0 oz                   | 0.062                                 |
| 23602         | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35            | 1.0 oz                   | 0.062                                 |
| 18290         | Pancakes, plain, dry mix, complete, prepared  | 28.35            | 1.0 oz                   | 0.062                                 |
| 09452         | Orange Pineapple Juice Blend  | 246.0            | 8.0 fl oz                | 0.062                                 |
| 36413         | Restaurant, Latino, black bean soup   | 246.0            | 1.0 cup                  | 0.062                                 |
| 28283         | KEEBLER, ZESTA, Saltines, Original  | 15.0             | 5.0 crackers             | 0.061                                 |

| NDB_No | Description  | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------|-------------------------------|
| 11830  | Potatoes, baked, skin only, with salt  | 58.0      | 1.0 skin                 | 0.061                         |
| 11364  | Potatoes, baked, skin, without salt  | 58.0      | 1.0 skin                 | 0.061                         |
| 16098  | Peanut butter, smooth style, with salt   | 32.0      | 2.0 tbsp                 | 0.061                         |
| 03084  | Babyfood, dinner, vegetables and turkey, strained  | 256.0     | 1.0 cup                  | 0.061                         |
| 16398  | Peanut butter, smooth style, without salt  | 32.0      | 2.0 tbsp                 | 0.061                         |
| 11112  | Cabbage, red, raw  | 89.0      | 1.0 cup, chopped         | 0.061                         |
| 18328  | Pie, vanilla cream, prepared from recipe   | 28.35     | 1.0 oz                   | 0.061                         |
| 03808  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA                                    | 8.5       | 1.0 scoop                | 0.061                         |
| 19366  | Toppings, pineapple  | 340.0     | 1.0 cup                  | 0.061                         |
| 11726  | Beans, snap, green, canned, no salt added, solids and liquids  | 120.0     | 0.5 cup                  | 0.061                         |
| 15010  | Fish, catfish, channel, wild, raw  | 85.0      | 3.0 oz                   | 0.061                         |
| 11727  | Beans, snap, yellow, canned, regular pack, solids and liquids  | 120.0     | 0.5 cup                  | 0.061                         |
| 11728  | Beans, snap, yellow, canned, no salt added, solids and liquids   | 120.0     | 0.5 cup                  | 0.061                         |
| 07028  | Ham, sliced, packaged (96% fat free, water added)  | 23.0      | 1.0 slice                | 0.061                         |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water   | 244.0     | 1.0 cup                  | 0.061                         |
| 15213  | Fish, scup, cooked, dry heat   | 50.0      | 1.0 fillet               | 0.061                         |
| 18262  | English muffins, raisin-cinnamon (includes apple-cinnamon)   | 28.35     | 1.0 oz                   | 0.061                         |
| 28028  | FAMOUS AMOS, Chocolate Chip Pecan Cookies  | 29.0      | 4.0 cookies              | 0.061                         |
| 28035  | GIRL SCOUTS, Thin Mints Cookies  | 32.0      | 4.0 cookies              | 0.061                         |
| 28294  | Cookie, chocolate, with icing or coating   | 32.0      | 4.0 cookies              | 0.061                         |
| 18434  | Crackers, cheese, low sodium   | 14.2      | 0.5 oz                   | 0.061                         |
| 03864  | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA                            | 103.0     | 1.0 serving 100 ml       | 0.061                         |
| 03822  | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder   | 103.0     | 1.0 serving 100 ml       | 0.061                         |
| 18970  | Tortillas, ready-to-bake or -fry, flour, shelf stable  | 49.0      | 1.0 tortilla             | 0.061                         |
| 09050  | Blueberries, raw   | 148.0     | 1.0 cup                  | 0.061                         |
| 11892  | Turnip greens, frozen, cooked, boiled, drained, with salt  | 82.0      | 0.5 cup                  | 0.061                         |
| 23622  | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised                  | 28.35     | 1.0 oz                   | 0.061                         |
| 18233  | Crackers, wheat, sandwich, with cheese filling   | 14.2      | 0.5 oz                   | 0.061                         |
| 08709  | Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS   | 55.0      | 1.0 cup (1 NLEA serving) | 0.060                         |
| 23633  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised                        | 28.35     | 1.0 oz                   | 0.060                         |
| 18332  | Pie crust, standard-type, dry mix  | 28.35     | 1.0 oz                   | 0.060                         |
| 17326  | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw                 | 28.35     | 1.0 oz                   | 0.060                         |
| 18942  | Pie Crust, Cookie-type, Graham Cracker, Ready Crust  | 28.35     | 1.0 oz                   | 0.060                         |
| 17318  | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35     | 1.0 oz                   | 0.060                         |

| NDB_No | Description  | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------|-------------------------------|
| 13357  | Beef, cured, sausage, cooked, smoked   | 43.0      | 1.0 sausage              | 0.060                         |
| 15048  | Fish, mackerel, jack, canned, drained solids   | 28.35     | 1.0 oz, boneless         | 0.060                         |
| 17322  | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw   | 28.35     | 1.0 oz                   | 0.060                         |
| 28286  | Bread, paratha, whole wheat, commercially prepared, frozen   | 79.0      | 1.0 piece                | 0.060                         |
| 11476  | Squash, summer, scallop, cooked, boiled, drained, without salt                                       | 240.0     | 1.0 cup, mashed          | 0.060                         |
| 08202  | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond                                   | 60.0      | 1.0 cup (1 NLEA serving) | 0.060                         |
| 28161  | KELLOGG'S, ALL-BRAN, Multigrain Crackers   | 30.0      | 18.0 crackers            | 0.060                         |
| 28096  | KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original                                  | 30.0      | 2.0 cookies              | 0.060                         |
| 11278  | Okra, raw  | 100.0     | 1.0 cup                  | 0.060                         |
| 11712  | Bamboo shoots, cooked, boiled, drained, with salt  | 120.0     | 1.0 cup (1/2" slices)    | 0.060                         |
| 43143  | Cabbage, japanese style, fresh, pickled  | 150.0     | 1.0 cup                  | 0.060                         |
| 28054  | KEEBLER, CHIPS DELUXE, Coconut Cookies   | 30.0      | 2.0 cookies              | 0.060                         |
| 11027  | Bamboo shoots, cooked, boiled, drained, without salt   | 120.0     | 1.0 cup (1/2" slices)    | 0.060                         |
| 09072  | Cherries, sweet, canned, juice pack, solids and liquids  | 250.0     | 1.0 cup, pitted          | 0.060                         |
| 11374  | Potatoes, canned, solids and liquids   | 300.0     | 1.0 cup, whole           | 0.060                         |
| 15060  | Fish, perch, mixed species, raw  | 60.0      | 1.0 fillet               | 0.060                         |
| 03856  | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted           | 31.4      | 1.0 fl oz                | 0.060                         |
| 03951  | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted | 31.4      | 1.0 fl oz                | 0.060                         |
| 03851  | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted          | 31.4      | 1.0 fl oz                | 0.060                         |
| 09520  | Kiwifruit, ZESPRI SunGold, raw   | 81.0      | 1.0 fruit                | 0.060                         |
| 03984  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed                          | 30.4      | 1.0 fl oz                | 0.060                         |
| 03985  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed                              | 30.4      | 1.0 fl oz                | 0.060                         |
| 33874  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron                 | 30.4      | 1.0 fl oz                | 0.060                         |
| 18453  | Cake, yellow, light, dry mix   | 28.35     | 1.0 oz                   | 0.060                         |
| 18200  | Cookies, oatmeal, commercially prepared, special dietary   | 28.35     | 1.0 oz                   | 0.060                         |
| 10903  | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated               | 28.35     | 1.0 oz shank             | 0.060                         |
| 05179  | Turkey from whole, neck, meat only, raw  | 28.35     | 1.0 oz                   | 0.060                         |
| 18535  | ARCHWAY Home Style Cookies, Molasses   | 26.0      | 1.0 serving              | 0.060                         |
| 18243  | Croutons, seasoned   | 14.2      | 0.5 oz                   | 0.060                         |
| 03809  | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted                           | 8.3       | 1.0 scoop                | 0.060                         |
| 03805  | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder   | 8.3       | 1.0 scoop                | 0.060                         |
| 19135  | Candies, MARS SNACKFOOD US, MILKY WAY Bar  | 58.0      | 1.0 serving 2.05 oz bar  | 0.060                         |
| 11964  | Nopales, cooked, without salt  | 149.0     | 1.0 cup                  | 0.060                         |
| 08146  | Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat  | 15.0      | 1.0 cup (1 NLEA serving) | 0.060                         |
| 17250  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw            | 28.35     | 1.0 oz                   | 0.060                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 17183  | Game meat, squirrel, raw  | 28.35     | 1.0 oz   | 0.060                         |
| 18189  | Cookies, peanut butter, prepared from recipe  | 28.35     | 1.0 oz   | 0.060                         |
| 13926  | Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw                                 | 28.35     | 1.0 oz   | 0.060                         |
| 18017  | Biscuits, mixed grain, refrigerated dough   | 28.35     | 1.0 oz   | 0.060                         |
| 17023  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw                            | 28.35     | 1.0 oz   | 0.060                         |
| 18151  | Cookies, brownies, commercially prepared  | 28.35     | 1.0 oz   | 0.060                         |
| 42139  | Granola bar, soft, milk chocolate coated, peanut butter   | 28.35     | 1.0 oz   | 0.060                         |
| 17242  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35     | 1.0 oz   | 0.060                         |
| 17236  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw                            | 28.35     | 1.0 oz   | 0.060                         |
| 19004  | Snacks, corn-based, extruded, chips, barbecue-flavor  | 28.35     | 1.0 oz   | 0.060                         |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter                                 | 28.35     | 1.0 oz   | 0.060                         |
| 17224  | Lamb, ground, raw   | 28.35     | 1.0 oz   | 0.060                         |
| 17035  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35     | 1.0 oz   | 0.060                         |
| 36030  | DENNY'S, hash browns  | 124.0     | 1.0 serving                                      | 0.060                         |
| 15023  | Fish, mahimahi, raw   | 85.0      | 3.0 oz   | 0.060                         |
| 15128  | Fish, tuna salad  | 85.0      | 3.0 oz   | 0.060                         |
| 10175  | Pork, fresh, variety meats and by-products, tail, cooked, simmered  | 85.0      | 3.0 oz   | 0.060                         |
| 17181  | Game meat, rabbit, wild, cooked, stewed   | 85.0      | 3.0 oz   | 0.060                         |
| 15107  | Fish, sucker, white, raw  | 85.0      | 3.0 oz   | 0.060                         |
| 15104  | Fish, sturgeon, mixed species, raw  | 85.0      | 3.0 oz   | 0.060                         |
| 15009  | Fish, carp, cooked, dry heat  | 85.0      | 3.0 oz   | 0.060                         |
| 18223  | Crackers, milk  | 14.2      | 0.5 oz   | 0.059                         |
| 09028  | Apricots, canned, heavy syrup pack, without skin, solids and liquids                                      | 258.0     | 1.0 cup, whole, without pits                     | 0.059                         |
| 23403  | Beef, New Zealand, imported, brisket point end, separable lean only, raw                                  | 114.0     | 4.0 oz   | 0.059                         |
| 10884  | Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated                      | 28.35     | 1.0 oz   | 0.059                         |
| 18320  | Pie, lemon meringue, commercially prepared  | 28.35     | 1.0 oz   | 0.059                         |
| 10900  | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated                   | 28.35     | 1.0 oz whole                                     | 0.059                         |
| 18297  | Pancakes, special dietary, dry mix  | 28.35     | 1.0 oz   | 0.059                         |
| 32002  | Rice and vermicelli mix, rice pilaf flavor, unprepared  | 68.0      | 0.333 cup  | 0.059                         |
| 33875  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron                      | 30.0      | 5.0 fl oz  | 0.059                         |
| 18402  | Pie crust, standard-type, prepared from recipe, unbaked   | 24.0      | 1.0 piece (1/8 of 9" crust)                      | 0.059                         |
| 05072  | Chicken, broilers or fryers, drumstick, meat only, cooked, fried  | 25.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.059                         |
| 18176  | Cookies, marshmallow, chocolate-coated (includes marshmallow pies)  | 28.35     | 1.0 oz   | 0.059                         |
| 23595  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised           | 28.35     | 1.0 oz   | 0.059                         |
| 18185  | Cookies, peanut butter, commercially prepared, regular  | 28.35     | 1.0 oz   | 0.059                         |
| 18317  | Pie, egg custard, commercially prepared   | 28.35     | 1.0 oz   | 0.059                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>                 | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|--------------------------------|---------------------------------------|
| 19351         | Syrups, corn, high-fructose   | 310.0            | 1.0 cup                        | 0.059                                 |
| 28293         | Cookie, butter or sugar, with chocolate icing or filling                                | 31.0             | 3.0 cookies                    | 0.059                                 |
| 28092         | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original  | 31.0             | 3.0 cookies                    | 0.059                                 |
| 08462         | Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat                               | 54.0             | 29.0 biscuits (1 NLEA serving) | 0.059                                 |
| 01190         | KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product                   | 21.0             | 1.0 slice                      | 0.059                                 |
| 09001         | Acerola, (west indian cherry), raw  | 98.0             | 1.0 cup                        | 0.059                                 |
| 11297         | Parsley, fresh  | 60.0             | 1.0 cup chopped                | 0.059                                 |
| 06009         | Soup, beef noodle, canned, condensed  | 125.0            | 0.5 cup                        | 0.059                                 |
| 18304         | Pie, banana cream, prepared from recipe   | 28.35            | 1.0 oz                         | 0.059                                 |
| 15085         | Fish, salmon, sockeye, raw  | 28.35            | 1.0 oz, boneless               | 0.059                                 |
| 10001         | Pork, fresh, carcass, separable lean and fat, raw                                       | 28.35            | 1.0 oz                         | 0.059                                 |
| 15202         | Fish, milkfish, cooked, dry heat  | 85.0             | 3.0 oz                         | 0.059                                 |
| 23448         | Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised | 85.0             | 3.0 oz                         | 0.059                                 |
| 09383         | Tangerines, (mandarin oranges), canned, juice pack, drained                             | 189.0            | 1.0 cup                        | 0.059                                 |
| 01049         | Cream, fluid, half and half   | 30.2             | 1.0 fl oz                      | 0.059                                 |
| 06409         | Soup, beef noodle, canned, prepared with equal volume water                             | 244.0            | 1.0 cup (8 fl oz)              | 0.059                                 |
| 09258         | Pears, canned, extra heavy syrup pack, solids and liquids                               | 266.0            | 1.0 cup, halves                | 0.059                                 |
| 09257         | Pears, canned, heavy syrup pack, solids and liquids                                     | 266.0            | 1.0 cup                        | 0.059                                 |
| 08100         | Cereals, CREAM OF RICE, dry   | 45.0             | 0.25 cup (1 NLEA serving)      | 0.058                                 |
| 28284         | KEEBLER, ZESTA, Saltines with Whole Wheat   | 15.0             | 5.0 crackers                   | 0.058                                 |
| 18957         | Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style                        | 39.0             | 1.0 slice                      | 0.058                                 |
| 15003         | Fish, bass, fresh water, mixed species, raw   | 79.0             | 1.0 fillet                     | 0.058                                 |
| 18191         | Cookies, raisin, soft-type  | 28.35            | 1.0 oz                         | 0.058                                 |
| 20141         | Spelt, cooked   | 194.0            | 1.0 cup                        | 0.058                                 |
| 09081         | Cranberry sauce, canned, sweetened  | 277.0            | 1.0 cup                        | 0.058                                 |
| 18161         | Cookies, chocolate chip, dry mix  | 28.35            | 1.0 oz                         | 0.058                                 |
| 10142         | Pork, cured, ham, center slice, separable lean and fat, unheated                        | 28.35            | 1.0 oz                         | 0.058                                 |
| 20117         | Noodles, japanese, somen, cooked  | 176.0            | 1.0 cup                        | 0.058                                 |
| 28200         | MOTHER'S, Halloween Circus Animals Cookies  | 29.0             | 6.0 cookies                    | 0.058                                 |
| 28194         | MOTHER'S, 4th of July Circus Animal Cookies   | 29.0             | 6.0 cookies                    | 0.058                                 |
| 28204         | MOTHER'S, Jungle Animal Cookies   | 29.0             | 6.0 cookies                    | 0.058                                 |
| 28201         | MOTHER'S, Holiday Circus Animal Cookies   | 29.0             | 6.0 cookies                    | 0.058                                 |
| 28196         | MOTHER'S, Circus Animal Cookies   | 29.0             | 6.0 cookies                    | 0.058                                 |
| 06016         | Soup, cream of chicken, canned, condensed   | 126.0            | 0.5 cup (4 fl oz)              | 0.058                                 |
| 06013         | Soup, chicken broth, canned, condensed  | 126.0            | 0.5 cup (4 fl oz)              | 0.058                                 |
| 01130         | Egg, whole, cooked, omelet  | 15.0             | 1.0 tbsp                       | 0.058                                 |

| NDB_No | Description   | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 23634  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised         | 28.35     | 1.0 oz                                   | 0.058                         |
| 18167  | Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated                          | 28.35     | 1.0 oz                                   | 0.058                         |
| 19063  | Snacks, tortilla chips, taco-flavor   | 28.35     | 1.0 oz                                   | 0.058                         |
| 19152  | Candies, ROLO Caramels in Milk Chocolate  | 48.0      | 1.0 package 1 package                    | 0.058                         |
| 03818  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA        | 31.3      | 1.0 fl oz                                | 0.058                         |
| 03812  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA       | 31.3      | 1.0 fl oz                                | 0.058                         |
| 11143  | Celery, raw   | 101.0     | 1.0 cup chopped                          | 0.058                         |
| 03007  | Babyfood, meat, pork, strained  | 28.35     | 1.0 oz                                   | 0.058                         |
| 18049  | Bread, reduced-calorie, oat bran  | 28.35     | 1.0 oz                                   | 0.058                         |
| 09124  | Grapefruit juice, white, canned, sweetened  | 250.0     | 1.0 cup                                  | 0.058                         |
| 28102  | KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size                                     | 25.0      | 1.0 pouch                                | 0.058                         |
| 03995  | Babyfood, banana with mixed berries, strained   | 99.0      | 1.0 packet                               | 0.057                         |
| 08640  | Cereals, QUAKER, Instant Oatmeal Organic, Regular   | 41.0      | 1.0 packet                               | 0.057                         |
| 11763  | Celeriac, cooked, boiled, drained, with salt  | 155.0     | 1.0 cup pieces                           | 0.057                         |
| 11142  | Celeriac, cooked, boiled, drained, without salt   | 155.0     | 1.0 cup pieces                           | 0.057                         |
| 09054  | Blueberries, frozen, unsweetened  | 155.0     | 1.0 cup, unthawed                        | 0.057                         |
| 21509  | BURGER KING, Onion Rings  | 91.0      | 1.0 small                                | 0.057                         |
| 19140  | Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies  | 54.0      | 1.0 serving 1 singles bag                | 0.057                         |
| 03302  | Babyfood, snack, GERBER GRADUATE YOGURT MELTS   | 7.0       | 1.0 serving                              | 0.057                         |
| 33864  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted | 31.4      | 1.0 fl oz                                | 0.057                         |
| 07027  | Ham, chopped, not canned  | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.057                         |
| 07091  | New england brand sausage, pork, beef   | 23.0      | 1.0 slice (4" dia x 1/8" thick)          | 0.057                         |
| 28190  | KELLOGG'S, SPECIAL K, Multigrain Crackers   | 30.0      | 24.0 crackers                            | 0.057                         |
| 43507  | Frankfurter, low sodium   | 57.0      | 1.0 frankfurter                          | 0.057                         |
| 01050  | Cream, fluid, light (coffee cream or table cream)   | 30.0      | 1.0 fl oz                                | 0.057                         |
| 23451  | Beef, New Zealand, imported, brisket point end, separable lean and fat, raw                         | 114.0     | 4.0 oz                                   | 0.057                         |
| 42179  | Frankfurter, beef, low fat  | 57.0      | 1.0 frankfurter                          | 0.057                         |
| 11220  | Gourd, dishcloth (towelgourd), raw  | 95.0      | 1.0 cup (1" pieces)                      | 0.057                         |
| 10119  | Pork, fresh, variety meats and by-products, stomach, raw  | 28.35     | 1.0 oz                                   | 0.057                         |
| 18327  | Pie, pumpkin, prepared from recipe  | 28.35     | 1.0 oz                                   | 0.057                         |
| 10114  | Pork, fresh, variety meats and by-products, mechanically separated, raw                             | 28.35     | 1.0 oz                                   | 0.057                         |
| 33865  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted       | 31.4      | 1.0 fl oz                                | 0.057                         |
| 11986  | Malabar spinach, cooked   | 44.0      | 1.0 cup                                  | 0.057                         |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids                                   | 258.0     | 1.0 cup, halves                          | 0.057                         |
| 43327  | Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted                  | 28.35     | 1.0 oz                                   | 0.057                         |

| NDB_No | Description   | Weight(g) | Measure                | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------|-------------------------------|
| 17032  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw  | 28.35     | 1.0 oz                 | 0.057                         |
| 10008  | Pork, fresh, leg (ham), whole, separable lean and fat, raw  | 28.35     | 1.0 oz                 | 0.057                         |
| 19048  | Snacks, pretzels, hard, confectioner's coating, chocolate-flavor  | 28.35     | 1.0 oz                 | 0.057                         |
| 10149  | Pork, cured, ham, steak, boneless, extra lean, unheated   | 28.35     | 1.0 oz                 | 0.057                         |
| 23621  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled                            | 28.35     | 1.0 oz                 | 0.057                         |
| 18019  | Bread, banana, prepared from recipe, made with margarine  | 28.35     | 1.0 oz                 | 0.057                         |
| 17160  | Game meat, buffalo, water, raw  | 28.35     | 1.0 oz                 | 0.057                         |
| 05335  | Chicken, feet, boiled   | 28.35     | 1.0 oz                 | 0.057                         |
| 17009  | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw  | 28.35     | 1.0 oz                 | 0.057                         |
| 10007  | Pork, fresh, separable fat, cooked  | 28.35     | 1.0 oz                 | 0.057                         |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor   | 28.35     | 1.0 oz                 | 0.057                         |
| 19802  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched  | 28.35     | 1.0 oz                 | 0.057                         |
| 17051  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw                                   | 28.35     | 1.0 oz                 | 0.057                         |
| 11322  | Peas and carrots, frozen, unprepared  | 70.0      | 0.5 cup                | 0.057                         |
| 11457  | Spinach, raw  | 30.0      | 1.0 cup                | 0.057                         |
| 11471  | Squash, summer, crookneck and straightneck, canned, drained, solid, without salt  | 210.0     | 1.0 cup, diced         | 0.057                         |
| 43483  | Millet, puffed  | 21.0      | 1.0 cup                | 0.057                         |
| 18224  | Crackers, rusk toast  | 14.2      | 0.5 oz                 | 0.057                         |
| 03077  | Babyfood, dinner, pasta with vegetables   | 113.0     | 1.0 jar, Gerber (4 oz) | 0.056                         |
| 28328  | Cookies, chocolate chip sandwich, with creme filling  | 34.0      | 1.0 cookie             | 0.056                         |
| 07957  | Pork and turkey sausage, pre-cooked   | 57.0      | 1.0 serving            | 0.056                         |
| 11400  | Potatoes, frozen, whole, unprepared   | 182.0     | 1.0 cup                | 0.056                         |
| 13318  | Beef, variety meats and by-products, brain, raw   | 28.35     | 1.0 oz                 | 0.056                         |
| 19913  | Candies, NESTLE, BUTTERFINGER Crisp   | 60.0      | 1.0 piece              | 0.056                         |
| 09133  | Grapes, canned, thompson seedless, water pack, solids and liquids   | 245.0     | 1.0 cup                | 0.056                         |
| 09134  | Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids   | 256.0     | 1.0 cup                | 0.056                         |
| 19440  | Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip   | 28.0      | 1.0 bar                | 0.056                         |
| 07954  | Beef sausage, pre-cooked  | 48.0      | 1.0 serving            | 0.056                         |
| 18250  | Doughnuts, cake-type, plain, sugared or glazed  | 28.35     | 1.0 oz                 | 0.056                         |
| 06547  | Soup, beef mushroom, canned, prepared with equal volume water   | 244.0     | 1.0 cup (8 fl oz)      | 0.056                         |
| 15160  | Mollusks, clam, mixed species, canned, drained solids   | 85.0      | 3.0 oz                 | 0.056                         |
| 03830  | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA | 31.3      | 1.0 fl oz              | 0.056                         |
| 09084  | Currants, red and white, raw  | 112.0     | 1.0 cup                | 0.056                         |
| 11503  | Swamp cabbage, (skunk cabbage), raw   | 56.0      | 1.0 cup, chopped       | 0.056                         |
| 19252  | Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats   | 56.0      | 2.0 oz bar             | 0.056                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 28232  | MURRAY, Vanilla Sugar Wafer   | 28.0      | 5.0 cookies               | 0.056                         |
| 11435  | Rutabagas, raw  | 140.0     | 1.0 cup, cubes            | 0.056                         |
| 08452  | Cereals, QUAKER, Whole Wheat Natural Cereal, dry  | 40.0      | 0.5 cup                   | 0.056                         |
| 16615  | MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared                                | 56.0      | 0.5 cup                   | 0.056                         |
| 08142  | Cereals, WHEATENA, dry  | 40.0      | 0.33 cup (1 NLEA serving) | 0.056                         |
| 09083  | Currants, european black, raw   | 112.0     | 1.0 cup                   | 0.056                         |
| 09138  | Groundcherries, (cape-gooseberries or poha), raw  | 140.0     | 1.0 cup                   | 0.056                         |
| 21279  | DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust   | 70.0      | 1.0 slice                 | 0.056                         |
| 09010  | Apples, dehydrated (low moisture), sulfured, stewed   | 193.0     | 1.0 cup                   | 0.056                         |
| 03801  | Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted      | 31.4      | 1.0 fl oz                 | 0.056                         |
| 09022  | Apricots, canned, water pack, with skin, solids and liquids                                       | 243.0     | 1.0 cup, halves           | 0.056                         |
| 06395  | CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup  | 243.0     | 1.0 cup                   | 0.056                         |
| 11058  | Beans, snap, canned, all styles, seasoned, solids and liquids                                     | 114.0     | 0.5 cup                   | 0.056                         |
| 19809  | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted                 | 28.35     | 1.0 oz                    | 0.056                         |
| 19810  | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted               | 28.35     | 1.0 oz                    | 0.056                         |
| 16090  | Peanuts, all types, dry-roasted, with salt  | 28.35     | 1.0 oz                    | 0.056                         |
| 19811  | Snacks, potato chips, plain, unsalted   | 28.35     | 1.0 oz                    | 0.056                         |
| 03901  | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted | 31.9      | 1.0 fl oz                 | 0.056                         |
| 28062  | KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies                                       | 31.0      | 2.0 cookies               | 0.056                         |
| 15187  | Fish, bass, freshwater, mixed species, cooked, dry heat   | 62.0      | 1.0 fillet                | 0.056                         |
| 28060  | KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies   | 31.0      | 2.0 cookies               | 0.056                         |
| 28087  | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate  | 31.0      | 3.0 cookies               | 0.056                         |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven                                 | 48.0      | 1.0 cup                   | 0.056                         |
| 06025  | Soup, chicken vegetable, canned, condensed  | 121.0     | 0.5 cup                   | 0.056                         |
| 10893  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated       | 28.35     | 1.0 oz spiral slice       | 0.056                         |
| 12737  | Nuts, mixed nuts, oil roasted, with peanuts, lightly salted                                       | 28.35     | 1.0 oz                    | 0.056                         |
| 07938  | Ham, honey, smoked, cooked  | 55.0      | 1.94 oz (1 serving)       | 0.056                         |
| 01111  | Milk shakes, thick vanilla  | 28.4      | 1.0 fl oz                 | 0.055                         |
| 15245  | Mollusks, oyster, eastern, farmed, raw  | 85.0      | 3.0 oz                    | 0.055                         |
| 15015  | Fish, cod, Atlantic, raw  | 85.0      | 3.0 oz                    | 0.055                         |
| 11339  | Peppers, sweet, green, sauteed  | 115.0     | 1.0 cup chopped           | 0.055                         |
| 15061  | Fish, perch, mixed species, cooked, dry heat  | 46.0      | 1.0 fillet                | 0.055                         |
| 09310  | Rhubarb, frozen, cooked, with sugar   | 240.0     | 1.0 cup                   | 0.055                         |
| 09242  | Peaches, canned, extra heavy syrup pack, solids and liquids                                       | 262.0     | 1.0 cup, halves or slices | 0.055                         |
| 28103  | KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size                           | 25.0      | 1.0 pouch                 | 0.055                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 11568  | Turnip greens, raw  | 55.0      | 1.0 cup, chopped                                 | 0.055                         |
| 09082  | Cranberry-orange relish, canned   | 275.0     | 1.0 cup  | 0.055                         |
| 08663  | Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful   | 55.0      | 29.0 biscuits (1 NLEA serving)                   | 0.055                         |
| 08277  | Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA                                | 55.0      | 0.667 cup (1 NLEA serving)                       | 0.055                         |
| 28105  | KEEBLER, GRIPZ, Cinnamon Grahams, bite-size   | 25.0      | 1.0 pouch  | 0.055                         |
| 08591  | Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA   | 55.0      | 27.0 biscuits (1 NLEA serving)                   | 0.055                         |
| 23605  | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35     | 1.0 oz   | 0.055                         |
| 03009  | Babyfood, meat, ham, junior   | 28.35     | 1.0 oz   | 0.055                         |
| 18156  | Cookies, fudge, cake-type (includes trolley cakes)  | 28.35     | 1.0 oz   | 0.055                         |
| 07045  | Luncheon meat, pork, canned   | 28.35     | 1.0 oz   | 0.055                         |
| 23513  | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw                      | 28.35     | 1.0 oz   | 0.055                         |
| 07944  | Turkey, white, rotisserie, deli cut   | 48.0      | 1.69 oz (1 serving)                              | 0.055                         |
| 18147  | Cheesecake commercially prepared  | 28.35     | 1.0 oz   | 0.055                         |
| 28122  | KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies  | 21.0      | 1.0 pouch  | 0.055                         |
| 20420  | Pasta, dry, unenriched  | 91.0      | 1.0 cup spaghetti                                | 0.055                         |
| 28255  | KEEBLER, ZESTA, Export Sodas Crackers   | 14.0      | 3.0 crackers                                     | 0.055                         |
| 03820  | Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder                                  | 31.0      | 1.0 fl oz  | 0.055                         |
| 09023  | Apricots, canned, water pack, without skin, solids and liquids  | 227.0     | 1.0 cup, whole, without pits                     | 0.054                         |
| 09430  | Pineapple, raw, extra sweet variety   | 165.0     | 1.0 cup, chunks                                  | 0.054                         |
| 19184  | Puddings, chocolate, dry mix, instant   | 99.0      | 1.0 package (3.5 oz)                             | 0.054                         |
| 05017  | Chicken, broilers or fryers, skin only, cooked, fried, flour  | 33.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.054                         |
| 28069  | KEEBLER, CLUB, Reduced Fat Crackers   | 16.0      | 5.0 crackers                                     | 0.054                         |
| 28151  | KEEBLER, TRADITIONS, Iced Oatmeal Cookies   | 32.0      | 4.0 cookies                                      | 0.054                         |
| 28203  | MOTHER'S, Iced Oatmeal Cookies  | 32.0      | 4.0 cookies                                      | 0.054                         |
| 28059  | KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies   | 32.0      | 2.0 cookies                                      | 0.054                         |
| 11080  | Beets, raw  | 136.0     | 1.0 cup  | 0.054                         |
| 28055  | KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies   | 32.0      | 2.0 cookies                                      | 0.054                         |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water                   | 247.0     | 1.0 cup  | 0.054                         |
| 22998  | Rice and vermicelli mix, chicken flavor, unprepared   | 56.0      | 0.333 cup  | 0.054                         |
| 07936  | Bologna, pork and turkey, lite  | 56.0      | 1.0 serving 2 oz                                 | 0.054                         |
| 08580  | Incaparina, dry mix (corn and soy flours), unprepared   | 8.9       | 1.0 tbsp   | 0.054                         |
| 09247  | Peaches, dried, sulfured, stewed, without added sugar   | 258.0     | 1.0 cup  | 0.054                         |
| 03011  | Babyfood, meat, lamb, junior  | 28.35     | 1.0 oz   | 0.054                         |
| 18164  | Cookies, chocolate chip, refrigerated dough, baked  | 28.35     | 1.0 oz   | 0.054                         |
| 09029  | Apricots, canned, extra heavy syrup pack, without skin, solids and liquids                              | 246.0     | 1.0 cup, whole, without pits                     | 0.054                         |
| 09020  | Applesauce, canned, sweetened, without salt (includes USDA commodity)                                   | 246.0     | 1.0 cup  | 0.054                         |

| NDB_No | Description   | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------|-------------------------------|
| 20002  | Amaranth grain, cooked  | 246.0     | 1.0 cup                  | 0.054                         |
| 11760  | Carrots, frozen, cooked, boiled, drained, with salt   | 146.0     | 1.0 cup slices           | 0.054                         |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt  | 146.0     | 1.0 cup, sliced          | 0.054                         |
| 28085  | KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat   | 27.0      | 4.0 cookies              | 0.054                         |
| 19239  | Candies, REESE'S NUTRAGEOUS Candy Bar   | 54.0      | 1.0 bar 1.92 oz          | 0.054                         |
| 11991  | Yautia (tannier), raw   | 135.0     | 1.0 cup, sliced          | 0.054                         |
| 07953  | Pork sausage, link/patty, fully cooked, microwaved  | 30.0      | 1.0 patty                | 0.054                         |
| 28188  | KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion   | 30.0      | 27.0 chips               | 0.054                         |
| 28143  | KEEBLER, TOWN HOUSE, Reduced Fat Crackers   | 15.0      | 6.0 crackers             | 0.054                         |
| 42190  | Pork sausage rice links, brown and serve, cooked  | 45.0      | 2.0 links 1 NLEA serving | 0.054                         |
| 08577  | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt                     | 245.0     | 1.0 cup                  | 0.054                         |
| 27044  | Soup, chicken noodle, reduced sodium, canned, ready-to-serve  | 245.0     | 1.0 cup                  | 0.054                         |
| 16128  | Tofu, dried-frozen (koyadofu)   | 17.0      | 1.0 piece                | 0.054                         |
| 16428  | Tofu, dried-frozen (koyadofu), prepared with calcium sulfate  | 17.0      | 1.0 piece                | 0.054                         |
| 17029  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw                               | 28.35     | 1.0 oz                   | 0.054                         |
| 17007  | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw                         | 28.35     | 1.0 oz                   | 0.054                         |
| 17228  | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw                         | 28.35     | 1.0 oz                   | 0.054                         |
| 18106  | Coffeecake, fruit   | 28.35     | 1.0 oz                   | 0.054                         |
| 43276  | Cheese spread, cream cheese base  | 28.35     | 1.0 oz                   | 0.054                         |
| 17239  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw                               | 28.35     | 1.0 oz                   | 0.054                         |
| 18095  | Cake, cherry fudge with chocolate frosting  | 28.35     | 1.0 oz                   | 0.054                         |
| 07030  | Ham, minced   | 28.35     | 1.0 oz                   | 0.054                         |
| 18154  | Cookies, brownies, prepared from recipe   | 28.35     | 1.0 oz                   | 0.054                         |
| 22990  | KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree   | 269.0     | 1.0 package              | 0.054                         |
| 22980  | KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree   | 269.0     | 1.0 package              | 0.054                         |
| 11695  | Tomatoes, orange, raw   | 158.0     | 1.0 cup, chopped         | 0.054                         |
| 21401  | Fast foods, chicken tenders   | 30.0      | 1.0 strip                | 0.054                         |
| 36028  | DENNY'S, coleslaw   | 91.0      | 1.0 serving              | 0.054                         |
| 18102  | Cake, white, prepared from recipe with coconut frosting   | 28.35     | 1.0 oz                   | 0.054                         |
| 19720  | Syrups, table blends, pancake, with 2% maple, with added potassium  | 315.0     | 1.0 cup                  | 0.054                         |
| 09105  | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids | 255.0     | 1.0 cup                  | 0.054                         |
| 15062  | Fish, pike, northern, raw   | 85.0      | 3.0 oz                   | 0.054                         |
| 15232  | Fish, roughy, orange, cooked, dry heat  | 85.0      | 3.0 oz                   | 0.054                         |
| 15111  | Fish, swordfish, cooked, dry heat   | 85.0      | 3.0 oz                   | 0.054                         |
| 08182  | Cereals, WHEATENA, cooked with water, with salt   | 243.0     | 1.0 cup                  | 0.053                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>         | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|------------------------|---------------------------------------|
| 18075         | Bread, whole-wheat, commercially prepared   | 32.0             | 1.0 slice              | 0.053                                 |
| 14248         | Alcoholic beverage, beer, light, higher alcohol   | 356.0            | 12.0 fl oz             | 0.053                                 |
| 11122         | Cardoon, raw  | 178.0            | 1.0 cup, shredded      | 0.053                                 |
| 11033         | Lima beans, immature seeds, canned, regular pack, solids and liquids                                | 124.0            | 0.5 cup                | 0.053                                 |
| 17218         | Veal, variety meats and by-products, thymus, raw  | 28.35            | 1.0 oz                 | 0.053                                 |
| 18142         | Cake, pudding-type, yellow, dry mix   | 28.35            | 1.0 oz                 | 0.053                                 |
| 18198         | Cookies, chocolate chip, commercially prepared, special dietary                                     | 28.35            | 1.0 oz                 | 0.053                                 |
| 09518         | Raspberries, frozen, unsweetened  | 140.0            | 1.0 cup, unthawed      | 0.053                                 |
| 09261         | Pears, dried, sulfured, stewed, with added sugar  | 280.0            | 1.0 cup, halves        | 0.053                                 |
| 19406         | Snacks, granola bars, soft, uncoated, nut and raisin  | 28.0             | 1.0 bar (1 oz)         | 0.053                                 |
| 18532         | ARCHWAY Home Style Cookies, Iced Molasses   | 28.0             | 1.0 serving            | 0.053                                 |
| 28072         | KEEBLER, Country Style Oatmeal Cookies with Raisins   | 28.0             | 2.0 cookies            | 0.053                                 |
| 03119         | Babyfood, vegetables, corn, creamed, strained   | 113.0            | 1.0 jar                | 0.053                                 |
| 10901         | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated      | 28.35            | 1.0 oz spiral slice    | 0.053                                 |
| 23620         | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 28.35            | 1.0 oz                 | 0.053                                 |
| 10804         | USDA Commodity, pork, cured, ham, boneless, cooked, unheated  | 28.35            | 1.0 oz boneless        | 0.053                                 |
| 23593         | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 28.35            | 1.0 oz                 | 0.053                                 |
| 09266         | Pineapple, raw, all varieties   | 165.0            | 1.0 cup, chunks        | 0.053                                 |
| 11530         | Tomatoes, red, ripe, cooked   | 240.0            | 1.0 cup                | 0.053                                 |
| 11884         | Tomatoes, red, ripe, cooked, with salt  | 240.0            | 1.0 cup                | 0.053                                 |
| 10908         | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated                 | 28.35            | 1.0 oz rump            | 0.053                                 |
| 18187         | Cookies, peanut butter, refrigerated dough  | 28.35            | 1.0 oz                 | 0.053                                 |
| 18991         | BARBARA DEE, Winter Mints Cookies   | 31.0             | 4.0 cookies            | 0.053                                 |
| 09068         | Cherries, sour, red, frozen, unsweetened  | 155.0            | 1.0 cup, unthawed      | 0.053                                 |
| 09183         | Melons, casaba, raw   | 170.0            | 1.0 cup, cubes         | 0.053                                 |
| 15095         | Fish, shark, mixed species, raw   | 85.0             | 3.0 oz                 | 0.053                                 |
| 16146         | Beans, pinto, canned, drained solids  | 277.0            | 1.0 can drained solids | 0.053                                 |
| 09357         | Apricots, canned, heavy syrup, drained  | 219.0            | 1.0 cup, halves        | 0.053                                 |
| 28034         | GIRL SCOUTS, Thank U Berry Munch Cookies  | 25.0             | 2.0 cookies            | 0.052                                 |
| 09409         | Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid                           | 250.0            | 1.0 cup                | 0.052                                 |
| 09273         | Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid                        | 250.0            | 1.0 cup                | 0.052                                 |
| 19322         | Puddings, coconut cream, dry mix, instant   | 99.0             | 1.0 package (3.5 oz)   | 0.052                                 |
| 05665         | Ground turkey, 93% lean, 7% fat, raw  | 28.35            | 1.0 oz                 | 0.052                                 |
| 18255         | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                                   | 28.35            | 1.0 oz                 | 0.052                                 |
| 10904         | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated               | 28.35            | 1.0 oz rump            | 0.052                                 |
| 09131         | Grapes, american type (slip skin), raw  | 92.0             | 1.0 cup                | 0.052                                 |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 43476  | Tofu yogurt   | 262.0     | 1.0 cup  | 0.052                         |
| 14210  | Beverages, coffee, brewed, espresso, restaurant-prepared  | 29.6      | 1.0 fl oz  | 0.052                         |
| 14202  | Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated   | 29.6      | 1.0 fl oz  | 0.052                         |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt   | 119.0     | 1.0 cup, shredded                                | 0.052                         |
| 07032  | Ham and cheese loaf or roll   | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick)         | 0.052                         |
| 11755  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt  | 119.0     | 1.0 cup, shredded                                | 0.052                         |
| 09207  | Orange juice, canned, unsweetened   | 249.0     | 1.0 cup  | 0.052                         |
| 28027  | FAMOUS AMOS, Chocolate Chip Cookies   | 29.0      | 4.0 cookies                                      | 0.052                         |
| 15019  | Fish, cod, Pacific, raw (may have been previously frozen)   | 116.0     | 1.0 fillet                                       | 0.052                         |
| 18188  | Cookies, peanut butter, refrigerated dough, baked   | 28.35     | 1.0 oz   | 0.052                         |
| 07971  | Bologna, meat and poultry   | 33.0      | 1.0 slice  | 0.052                         |
| 05055  | Chicken, broilers or fryers, back, meat only, cooked, roasted   | 24.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.052                         |
| 11467  | Squash, summer, crookneck and straightneck, raw   | 127.0     | 1.0 cup sliced                                   | 0.052                         |
| 18529  | ARCHWAY Home Style Cookies, Frosty Lemon  | 26.0      | 1.0 serving                                      | 0.052                         |
| 08393  | Cereals ready-to-eat, KASHI GOLEAN  | 52.0      | 1.0 cup (1 NLEA serving)                         | 0.052                         |
| 10911  | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated                                 | 28.35     | 1.0 oz   | 0.052                         |
| 10909  | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated                                | 28.35     | 1.0 oz whole                                     | 0.052                         |
| 09106  | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids | 259.0     | 1.0 cup  | 0.052                         |
| 28061  | KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size  | 28.0      | 5.0 cookies 1 serving                            | 0.052                         |
| 11632  | Peppers, jalapeno, canned, solids and liquids   | 136.0     | 1.0 cup, chopped                                 | 0.052                         |
| 20139  | Wheat, KAMUT khorasan, cooked   | 172.0     | 1.0 cup  | 0.052                         |
| 11096  | Broccoli raab, raw  | 40.0      | 1.0 cup chopped                                  | 0.052                         |
| 18399  | Pie crust, cookie-type, prepared from recipe, graham cracker, chilled   | 30.0      | 1.0 piece (1/8 of 9" crust)                      | 0.052                         |
| 10910  | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated                                 | 28.35     | 1.0 oz   | 0.052                         |
| 11370  | Potatoes, hash brown, home-prepared   | 156.0     | 1.0 cup  | 0.051                         |
| 09102  | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids        | 245.0     | 1.0 cup  | 0.051                         |
| 44158  | Pie fillings, blueberry, canned   | 151.0     | 1.0 serving                                      | 0.051                         |
| 35183  | Corn, dried, yellow (Northern Plains Indians)   | 28.35     | 1.0 oz   | 0.051                         |
| 07025  | Frankfurter, turkey   | 28.35     | 1.0 oz   | 0.051                         |
| 09295  | Pummelo, raw  | 190.0     | 1.0 cup, sections                                | 0.051                         |
| 09248  | Peaches, dried, sulfured, stewed, with added sugar  | 270.0     | 1.0 cup  | 0.051                         |
| 09119  | Grapefruit, sections, canned, water pack, solids and liquids  | 244.0     | 1.0 cup  | 0.051                         |
| 18042  | Bread, pita, whole-wheat  | 64.0      | 1.0 pita, large (6-1/2" dia)                     | 0.051                         |
| 11817  | Peas and carrots, frozen, cooked, boiled, drained, with salt  | 80.0      | 0.5 cup  | 0.051                         |
| 19144  | Candies, NESTLE, 100 GRAND Bar  | 43.0      | 1.0 bar (1.5 oz)                                 | 0.051                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 13885  | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw                            | 28.35     | 1.0 oz  | 0.051                         |
| 13901  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw                             | 28.35     | 1.0 oz  | 0.051                         |
| 23608  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled        | 28.35     | 1.0 oz  | 0.051                         |
| 12093  | Nuts, chestnuts, chinese, raw   | 28.35     | 1.0 oz  | 0.051                         |
| 13866  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw                             | 28.35     | 1.0 oz  | 0.051                         |
| 18135  | Cake, pudding-type, white, enriched, dry mix  | 28.35     | 1.0 oz  | 0.051                         |
| 13883  | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw                        | 28.35     | 1.0 oz  | 0.051                         |
| 13887  | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw                            | 28.35     | 1.0 oz  | 0.051                         |
| 18325  | Pie, pecan, prepared from recipe  | 28.35     | 1.0 oz  | 0.051                         |
| 22981  | KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree  | 255.0     | 1.0 package   | 0.051                         |
| 09260  | Pears, dried, sulfured, stewed, without added sugar   | 255.0     | 1.0 cup, halves                                     | 0.051                         |
| 15059  | Fish, pout, ocean, raw  | 85.0      | 3.0 oz  | 0.051                         |
| 15054  | Fish, monkfish, raw   | 85.0      | 3.0 oz  | 0.051                         |
| 20013  | Bulgur, cooked  | 182.0     | 1.0 cup   | 0.051                         |
| 07021  | Dutch brand loaf, chicken, pork and beef  | 38.0      | 1.0 slice   | 0.051                         |
| 05053  | Chicken, broilers or fryers, back, meat only, raw   | 31.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken)    | 0.051                         |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids  | 254.0     | 1.0 cup   | 0.051                         |
| 09163  | Blueberries, dried, sweetened   | 40.0      | 0.25 cup  | 0.051                         |
| 03189  | Babyfood, cereal, oatmeal, dry fortified  | 3.2       | 1.0 tbsp  | 0.051                         |
| 18131  | Cake, white, dry mix, special dietary (includes lemon-flavored)   | 28.35     | 1.0 oz  | 0.051                         |
| 11770  | Corn, sweet, yellow, cooked, boiled, drained, with salt   | 89.0      | 1.0 ear small (5-1/2" to 6-1/2" long)               | 0.051                         |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt  | 89.0      | 1.0 ear small (5-1/2" to 6-1/2" long)               | 0.051                         |
| 06120  | Gravy, chicken, dry   | 8.0       | 1.0 tbsp  | 0.051                         |
| 11623  | Kale, scotch, cooked, boiled, drained, without salt   | 130.0     | 1.0 cup, chopped                                    | 0.051                         |
| 11792  | Kale, scotch, cooked, boiled, drained, with salt  | 130.0     | 1.0 cup, chopped                                    | 0.051                         |
| 09026  | Apricots, canned, light syrup pack, with skin, solids and liquids   | 253.0     | 1.0 cup, halves                                     | 0.051                         |
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine  | 28.35     | 1.0 oz  | 0.050                         |
| 10912  | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated                            | 28.35     | 1.0 oz  | 0.050                         |
| 19071  | Candies, carob, unsweetened   | 28.35     | 1.0 oz  | 0.050                         |
| 09013  | Apples, dried, sulfured, stewed, with added sugar   | 280.0     | 1.0 cup   | 0.050                         |
| 09104  | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids | 252.0     | 1.0 cup   | 0.050                         |
| 06008  | Soup, beef broth or bouillon canned, ready-to-serve   | 240.0     | 1.0 cup   | 0.050                         |
| 43391  | Turkey, light or dark meat, smoked, cooked, skin and bone removed   | 28.0      | 1.0 medium slice (approx 3" x 2" x 1/4")            | 0.050                         |
| 20118  | Noodles, flat, crunchy, Chinese restaurant  | 45.0      | 1.0 cup   | 0.050                         |
| 19098  | Candies, 5TH AVENUE Candy Bar   | 56.0      | 1.0 bar 2 oz  | 0.050                         |
| 43367  | Turkey, drumstick, smoked, cooked, with skin, bone removed  | 21.0      | 1.0 oz with bone, cooked (yield after bone removed) | 0.050                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 09192  | Oheloberries, raw   | 140.0     | 1.0 cup                   | 0.050                         |
| 28144  | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat                 | 14.0      | 5.0 crackers              | 0.050                         |
| 06063  | Soup, tomato rice, canned, condensed  | 129.0     | 0.5 cup (4 fl oz)         | 0.050                         |
| 18378  | Cookies, chocolate chip, prepared from recipe, made with butter               | 28.35     | 1.0 oz                    | 0.050                         |
| 20481  | Wheat flour, white, all-purpose, unenriched                                   | 125.0     | 1.0 cup                   | 0.050                         |
| 09275  | Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water | 250.0     | 1.0 cup                   | 0.050                         |
| 08537  | Cereals ready-to-eat, KASHI 7 Whole Grain Flakes                              | 50.0      | 1.0 cup (1 NLEA serving)  | 0.050                         |
| 28104  | KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size                             | 25.0      | 1.0 pouch                 | 0.050                         |
| 18540  | ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies                    | 20.0      | 1.0 serving               | 0.050                         |
| 09167  | Loganberries, frozen  | 147.0     | 1.0 cup, unthawed         | 0.050                         |
| 11418  | Pumpkin leaves, raw   | 39.0      | 1.0 cup                   | 0.050                         |
| 12128  | Nuts, ginkgo nuts, dried  | 28.35     | 1.0 oz                    | 0.050                         |
| 11453  | Soybeans, mature seeds, sprouted, cooked, steamed                             | 94.0      | 1.0 cup                   | 0.050                         |
| 11923  | Soybeans, mature seeds, sprouted, cooked, steamed, with salt                  | 94.0      | 1.0 cup                   | 0.050                         |
| 09223  | Tangerine juice, canned, sweetened  | 249.0     | 1.0 cup                   | 0.050                         |
| 18232  | Crackers, wheat, regular  | 34.0      | 16.0 crackers 1 serving   | 0.050                         |
| 18352  | Rolls, hamburger or hotdog, reduced-calorie                                   | 28.35     | 1.0 oz                    | 0.050                         |
| 18108  | Coffeecake, cinnamon with crumb topping, dry mix, prepared                    | 28.35     | 1.0 oz                    | 0.050                         |
| 28148  | KEEBLER, TOWN HOUSE, Wheat Crackers   | 16.0      | 5.0 crackers              | 0.050                         |
| 28136  | KEEBLER, TOASTEDS, Sesame Crackers  | 16.0      | 5.0 crackers              | 0.050                         |
| 28057  | KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies                         | 31.0      | 2.0 cookies               | 0.050                         |
| 06410  | Soup, cream of celery, canned, prepared with equal volume water               | 248.0     | 1.0 cup                   | 0.050                         |
| 11974  | Grape leaves, raw   | 14.0      | 1.0 cup                   | 0.050                         |
| 08538  | Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters  | 55.0      | 1.0 cup (1 NLEA serving)  | 0.050                         |
| 15192  | Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)        | 90.0      | 1.0 fillet                | 0.050                         |
| 11391  | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil        | 150.0     | 1.0 cup prepared          | 0.050                         |
| 28141  | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original                    | 15.0      | 5.0 crackers              | 0.050                         |
| 09221  | Tangerine juice, raw  | 247.0     | 1.0 cup                   | 0.049                         |
| 09255  | Pears, canned, extra light syrup pack, solids and liquids                     | 247.0     | 1.0 cup, halves           | 0.049                         |
| 09128  | Grapefruit juice, white, raw  | 247.0     | 1.0 cup                   | 0.049                         |
| 09239  | Peaches, canned, extra light syrup, solids and liquids                        | 247.0     | 1.0 cup, halves or slices | 0.049                         |
| 06402  | Soup, black bean, canned, prepared with equal volume water                    | 247.0     | 1.0 cup                   | 0.049                         |
| 06463  | Soup, tomato rice, canned, prepared with equal volume water                   | 247.0     | 1.0 cup                   | 0.049                         |
| 09404  | Grapefruit juice, pink, raw   | 247.0     | 1.0 cup                   | 0.049                         |
| 28223  | MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies                                 | 26.0      | 4.0 cookies               | 0.049                         |
| 09123  | Grapefruit juice, white, canned or bottled, unsweetened                       | 247.0     | 1.0 cup                   | 0.049                         |

| NDB_No | Description   | Weight(g) | Measure             | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------|-------------------------------|
| 09025  | Apricots, canned, extra light syrup pack, with skin, solids and liquids                             | 247.0     | 1.0 cup, halves     | 0.049                         |
| 18377  | Cookies, oatmeal, prepared from recipe, without raisins   | 28.35     | 1.0 oz              | 0.049                         |
| 21256  | BURGER KING, Chicken Strips   | 36.0      | 1.0 strip           | 0.049                         |
| 28093  | KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint  | 29.0      | 4.0 cookies         | 0.049                         |
| 11851  | Rutabagas, cooked, boiled, drained, with salt   | 120.0     | 0.5 cup, mashed     | 0.049                         |
| 08451  | Cereals, QUAKER, Quick Oats with Iron, Dry  | 40.0      | 0.5 cup             | 0.049                         |
| 06071  | Soup, vegetable beef, canned, condensed   | 126.0     | 0.5 cup             | 0.049                         |
| 06010  | Soup, cream of celery, canned, condensed  | 126.0     | 0.5 cup             | 0.049                         |
| 07068  | Salami, cooked, beef  | 26.0      | 1.0 slice           | 0.049                         |
| 18414  | Bread, raisin, unenriched   | 28.35     | 1.0 oz              | 0.049                         |
| 11983  | Pickles, chowchow, with cauliflower onion mustard, sweet  | 245.0     | 1.0 cup             | 0.049                         |
| 11116  | Cabbage, chinese (pak-choi), raw  | 70.0      | 1.0 cup, shredded   | 0.049                         |
| 13358  | Beef, cured, smoked, chopped beef   | 28.0      | 1.0 slice (1 oz)    | 0.049                         |
| 07004  | Sausage, Berliner, pork, beef   | 23.0      | 1.0 slice           | 0.049                         |
| 09057  | Boysenberries, frozen, unsweetened  | 132.0     | 1.0 cup, unthawed   | 0.049                         |
| 06417  | Soup, chicken gumbo, canned, prepared with equal volume water                                       | 244.0     | 1.0 cup             | 0.049                         |
| 06471  | Soup, vegetable beef, canned, prepared with equal volume water                                      | 244.0     | 1.0 cup (8 fl oz)   | 0.049                         |
| 07951  | Scrapple, pork  | 17.0      | 1.0 cubic inch      | 0.049                         |
| 23619  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 28.35     | 1.0 oz              | 0.049                         |
| 11190  | Cornsalad, raw  | 56.0      | 1.0 cup             | 0.049                         |
| 06700  | Soup, vegetable broth, ready to serve   | 221.0     | 1.0 cup             | 0.049                         |
| 08143  | Cereals, WHEATENA, cooked with water  | 243.0     | 1.0 cup             | 0.049                         |
| 18427  | Crackers, standard snack-type, regular, low salt  | 14.2      | 0.5 oz              | 0.049                         |
| 23592  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled    | 28.35     | 1.0 oz              | 0.048                         |
| 15033  | Fish, haddock, raw  | 85.0      | 3.0 oz              | 0.048                         |
| 10173  | Pork, fresh, variety meats and by-products, feet, cooked, simmered                                  | 85.0      | 3.0 oz              | 0.048                         |
| 09012  | Apples, dried, sulfured, stewed, without added sugar  | 255.0     | 1.0 cup             | 0.048                         |
| 25064  | Snacks, potato chips, lightly salted  | 28.0      | 23.0 pieces         | 0.048                         |
| 06584  | Soup, broccoli cheese, canned, condensed, commercial  | 121.0     | 1.0 serving 1/2 cup | 0.048                         |
| 28120  | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies                      | 21.0      | 1.0 pouch           | 0.048                         |
| 14264  | Beverages, fruit punch drink, without added nutrients, canned                                       | 210.0     | 6.75 fl oz          | 0.048                         |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210.0     | 1.0 cup             | 0.048                         |
| 11805  | Onions, cooked, boiled, drained, with salt  | 210.0     | 1.0 cup             | 0.048                         |
| 09374  | Pears, canned, heavy syrup, drained   | 201.0     | 1.0 cup             | 0.048                         |
| 09313  | Sapodilla, raw  | 241.0     | 1.0 cup, pulp       | 0.048                         |
| 13819  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw                  | 28.35     | 1.0 oz              | 0.048                         |

| NDB_No | Description   | Weight(g) | Measure                | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------|-------------------------------|
| 18097  | Cake, pudding-type, chocolate, dry mix  | 28.35     | 1.0 oz                 | 0.048                         |
| 18092  | Cake, pudding-type, carrot, dry mix   | 28.35     | 1.0 oz                 | 0.048                         |
| 13817  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw        | 28.35     | 1.0 oz                 | 0.048                         |
| 17066  | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw | 28.35     | 1.0 oz                 | 0.048                         |
| 13864  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw           | 28.35     | 1.0 oz                 | 0.048                         |
| 07061  | Mother's loaf, pork   | 28.35     | 1.0 oz                 | 0.048                         |
| 13023  | Beef, brisket, whole, separable lean only, all grades, raw                                | 28.35     | 1.0 oz                 | 0.048                         |
| 12006  | Seeds, chia seeds, dried  | 28.35     | 1.0 oz                 | 0.048                         |
| 13002  | Beef, carcass, separable lean and fat, select, raw  | 28.35     | 1.0 oz                 | 0.048                         |
| 12003  | Seeds, breadfruit seeds, boiled   | 28.35     | 1.0 oz                 | 0.048                         |
| 13815  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw    | 28.35     | 1.0 oz                 | 0.048                         |
| 11427  | Purslane, raw   | 43.0      | 1.0 cup                | 0.048                         |
| 09127  | Grapefruit juice, pink or red, with added calcium   | 240.0     | 8.0 fl oz              | 0.048                         |
| 28135  | KEEBLER, TOASTEDS, Onion Crackers   | 16.0      | 5.0 crackers           | 0.048                         |
| 15007  | Fish, butterfish, raw   | 32.0      | 1.0 fillet             | 0.048                         |
| 12013  | Seeds, lotus seeds, dried   | 32.0      | 1.0 cup                | 0.048                         |
| 08402  | Cereals, QUAKER, Quick Oats, Dry  | 40.0      | 0.5 cup                | 0.048                         |
| 28222  | MURRAY, SUGAR FREE, Fudge Dipped Grahams  | 30.0      | 4.0 cookies            | 0.048                         |
| 11940  | Pickles, cucumber, sweet (includes bread and butter pickles)                              | 160.0     | 1.0 cup, chopped       | 0.048                         |
| 28133  | KEEBLER, TOASTEDS, Buttercrisps Crackers  | 16.0      | 5.0 crackers           | 0.048                         |
| 28130  | KEEBLER, SOFT BATCH, Chocolate Chip Cookies   | 32.0      | 2.0 cookies            | 0.048                         |
| 15142  | Crustaceans, crab, blue, crab cakes, home recipe  | 60.0      | 1.0 cake               | 0.048                         |
| 11054  | Beans, snap, green, canned, regular pack, solids and liquids                              | 240.0     | 1.0 cup                | 0.048                         |
| 15191  | Fish, butterfish, cooked, dry heat  | 25.0      | 1.0 fillet             | 0.048                         |
| 28140  | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb                             | 15.0      | 5.0 crackers           | 0.048                         |
| 28137  | KEEBLER, TOASTEDS, Wheat Crackers   | 16.0      | 5.0 crackers           | 0.048                         |
| 11601  | Yam, raw  | 150.0     | 1.0 cup, cubes         | 0.048                         |
| 28134  | KEEBLER, TOASTEDS, Party Pack Cracker Assortment  | 16.0      | 5.0 crackers           | 0.048                         |
| 28098  | KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter                  | 30.0      | 2.0 cookies            | 0.048                         |
| 18214  | Crackers, cheese, regular   | 14.2      | 0.5 oz                 | 0.048                         |
| 36021  | APPLEBEE'S, coleslaw  | 76.0      | 1.0 serving            | 0.048                         |
| 22974  | Chicken, nuggets, dark and white meat, precooked, frozen, not reheated                    | 87.0      | 1.0 serving            | 0.048                         |
| 09429  | Pineapple, raw, traditional varieties   | 165.0     | 1.0 cup, chunks        | 0.048                         |
| 09236  | Peaches, yellow, raw  | 154.0     | 1.0 cup slices         | 0.048                         |
| 01186  | Cheese, cream, fat free   | 18.0      | 1.0 tbsp               | 0.048                         |
| 06984  | Soup, SWANSON Chicken Broth 99% Fat Free  | 227.0     | 1.0 serving 1 cup 8 oz | 0.048                         |

| NDB_No | Description  | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 23598  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted      | 28.35     | 1.0 oz                                   | 0.048                         |
| 18128  | Cake, snack cakes, creme-filled, sponge  | 28.35     | 1.0 oz                                   | 0.048                         |
| 23612  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw                            | 28.35     | 1.0 oz                                   | 0.048                         |
| 28064  | KEEBLER, CLUB, Dash of Salt Crackers   | 14.0      | 4.0 crackers                             | 0.048                         |
| 15228  | Crustaceans, spiny lobster, mixed species, cooked, moist heat  | 85.0      | 3.0 oz                                   | 0.048                         |
| 23419  | Beef, New Zealand, imported, intermuscular fat, cooked   | 85.0      | 3.0 oz                                   | 0.048                         |
| 07064  | Pork sausage, link/patty, cooked, pan-fried  | 27.0      | 1.0 patty                                | 0.048                         |
| 21446  | POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed                                     | 16.0      | 1.0 wing without skin, bone and breading | 0.048                         |
| 31020  | Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated   | 25.0      | 0.25 cup                                 | 0.048                         |
| 09268  | Pineapple, canned, juice pack, solids and liquids  | 249.0     | 1.0 cup, crushed, sliced, or chunks      | 0.047                         |
| 43100  | Breakfast bars, oats, sugar, raisins, coconut (include granola bar)  | 43.0      | 1.0 bar                                  | 0.047                         |
| 43393  | Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size   | 59.0      | 1.25 cup (1 NLEA serving)                | 0.047                         |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt  | 89.0      | 1.0 ear, small (5-1/2" to 6-1/2" long)   | 0.047                         |
| 11902  | Corn, sweet, white, cooked, boiled, drained, with salt   | 89.0      | 1.0 ear, small (5-1/2" to 6-1/2" long)   | 0.047                         |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248.0     | 1.0 cup                                  | 0.047                         |
| 18184  | Cookies, oatmeal, prepared from recipe, with raisins   | 28.35     | 1.0 oz                                   | 0.047                         |
| 23613  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw                              | 28.35     | 1.0 oz                                   | 0.047                         |
| 18425  | Crackers, saltines, low salt (includes oyster, soda, soup)   | 14.2      | 0.5 oz                                   | 0.047                         |
| 14424  | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.     | 35.3      | 1.0 fl oz                                | 0.047                         |
| 31023  | Sweet Potatoes, french fried, frozen as packaged, salt added in processing                                   | 51.0      | 12.0 fries                               | 0.047                         |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting   | 67.0      | 1.0 serving                              | 0.047                         |
| 11161  | Collards, raw  | 36.0      | 1.0 cup, chopped                         | 0.047                         |
| 18186  | Cookies, peanut butter, commercially prepared, soft-type   | 28.35     | 1.0 oz                                   | 0.047                         |
| 07026  | Ham, chopped, canned   | 28.35     | 1.0 oz                                   | 0.047                         |
| 23616  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw                      | 28.35     | 1.0 oz                                   | 0.047                         |
| 15008  | Fish, carp, raw  | 85.0      | 3.0 oz                                   | 0.047                         |
| 15246  | Mollusks, oyster, eastern, farmed, cooked, dry heat  | 85.0      | 3.0 oz                                   | 0.047                         |
| 09302  | Raspberries, raw   | 123.0     | 1.0 cup                                  | 0.047                         |
| 27021  | CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup                                     | 246.0     | 1.0 cup                                  | 0.047                         |
| 06068  | Soup, vegetarian vegetable, canned, condensed  | 126.0     | 0.5 cup                                  | 0.047                         |
| 11444  | Seaweed, irishmoss, raw  | 10.0      | 2.0 tbsp (1/8 cup)                       | 0.047                         |
| 12078  | Nuts, brazilnuts, dried, unblanched  | 133.0     | 1.0 cup, whole                           | 0.047                         |
| 28139  | KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese   | 15.0      | 5.0 crackers                             | 0.047                         |
| 11951  | Peppers, sweet, yellow, raw  | 186.0     | 1.0 pepper, large (3-3/4" long, 3" dia)  | 0.047                         |

| NDB_No | Description  | Weight(g) | Measure                         | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------------|-------------------------------|
| 28291  | Cookies, animal, with frosting or icing  | 31.0      | 8.0 cookies 1 serving           | 0.046                         |
| 28044  | KEEBLER, ANIMALS, Frosted Cookies  | 31.0      | 8.0 cookies 1 serving           | 0.046                         |
| 18240  | Croissants, apple  | 28.35     | 1.0 oz                          | 0.046                         |
| 23586  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled         | 28.35     | 1.0 oz                          | 0.046                         |
| 18428  | Crackers, wheat, low salt  | 14.2      | 0.5 oz                          | 0.046                         |
| 11489  | Squash, winter, hubbard, raw   | 116.0     | 1.0 cup, cubes                  | 0.046                         |
| 28276  | MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies  | 29.0      | 2.0 cookies                     | 0.046                         |
| 28264  | KEEBLER, Oatmeal Cookies   | 29.0      | 2.0 cookies                     | 0.046                         |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids  | 244.0     | 1.0 cup, halves                 | 0.046                         |
| 09237  | Peaches, canned, water pack, solids and liquids  | 244.0     | 1.0 cup, halves or slices       | 0.046                         |
| 18274  | Muffins, blueberry, commercially prepared (Includes mini-muffins)  | 28.35     | 1.0 oz                          | 0.046                         |
| 23617  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw                         | 28.35     | 1.0 oz                          | 0.046                         |
| 12202  | Nuts, chestnuts, japanese, raw   | 28.35     | 1.0 oz                          | 0.046                         |
| 08590  | Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon  | 33.0      | 0.75 cup (1 NLEA serving)       | 0.046                         |
| 11137  | Cauliflower, frozen, unprepared  | 66.0      | 0.5 cup (1" pieces)             | 0.046                         |
| 19020  | Snacks, granola bars, soft, uncoated, plain  | 28.0      | 1.0 bar (1 oz)                  | 0.046                         |
| 28112  | KEEBLER, READY CRUST, Shortbread Pie Crust   | 21.0      | 0.125 crust 9" crust            | 0.046                         |
| 14250  | Beverages, AMBER, hard cider   | 355.0     | 12.0 fl oz                      | 0.046                         |
| 09286  | Pomegranates, raw  | 87.0      | 0.5 cup arils (seed/juice sacs) | 0.046                         |
| 09117  | Grapefruit, raw, white, California   | 230.0     | 1.0 cup sections, with juice    | 0.046                         |
| 09113  | Grapefruit, raw, pink and red, California and Arizona  | 230.0     | 1.0 cup sections, with juice    | 0.046                         |
| 14548  | Beverages, tea, instant, lemon, with added ascorbic acid   | 23.0      | 1.0 serving (3 heaping tsp)     | 0.046                         |
| 09118  | Grapefruit, raw, white, Florida  | 230.0     | 1.0 cup sections, with juice    | 0.046                         |
| 09114  | Grapefruit, raw, pink and red, Florida   | 230.0     | 1.0 cup sections, with juice    | 0.046                         |
| 09111  | Grapefruit, raw, pink and red and white, all areas   | 230.0     | 1.0 cup sections, with juice    | 0.046                         |
| 09116  | Grapefruit, raw, white, all areas  | 230.0     | 1.0 cup sections, with juice    | 0.046                         |
| 09099  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids | 242.0     | 1.0 cup                         | 0.046                         |
| 18116  | Cake, gingerbread, prepared from recipe  | 28.35     | 1.0 oz                          | 0.046                         |
| 18152  | Cookies, brownies, dry mix, regular  | 28.35     | 1.0 oz                          | 0.046                         |
| 08647  | Cereals ready-to-eat, KASHI INDIGO MORNING   | 27.0      | 0.75 cup (1 NLEA serving)       | 0.046                         |
| 08648  | Cereals ready-to-eat, KASHI Simply Maize   | 27.0      | 0.75 cup (1 NLEA serving)       | 0.046                         |
| 15053  | Fish, milkfish, raw  | 85.0      | 3.0 oz                          | 0.046                         |
| 08705  | Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters   | 51.0      | 1.0 Cup (1 NLEA serving)        | 0.046                         |
| 15188  | Fish, bass, striped, cooked, dry heat  | 124.0     | 1.0 fillet                      | 0.046                         |
| 14428  | Beverages, shake, fast food, strawberry  | 23.5      | 1.0 fl oz                       | 0.046                         |

| NDB_No | Description   | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------------|-------------------------------|
| 06472  | Soup, vegetable with beef broth, canned, prepared with equal volume water                           | 241.0     | 1.0 cup (8 fl oz)          | 0.046                         |
| 27000  | Soup, egg drop, Chinese restaurant  | 241.0     | 1.0 cup                    | 0.046                         |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water                                | 241.0     | 1.0 cup                    | 0.046                         |
| 11537  | Tomatoes, red, ripe, canned, with green chilies   | 241.0     | 1.0 cup                    | 0.046                         |
| 11268  | Mushrooms, shiitake, dried  | 3.6       | 1.0 mushroom               | 0.046                         |
| 25012  | Snacks, sweet potato chips, unsalted  | 28.35     | 1.0 oz                     | 0.046                         |
| 13350  | Beef, cured, dried  | 28.0      | 10.0 slices                | 0.046                         |
| 03205  | Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified                                | 5.3       | 1.0 tbsp                   | 0.046                         |
| 09070  | Cherries, sweet, raw  | 138.0     | 1.0 cup, with pits, yields | 0.046                         |
| 43382  | Cranberry juice, unsweetened  | 253.0     | 1.0 cup                    | 0.046                         |
| 06072  | Soup, vegetable with beef broth, canned, condensed  | 123.0     | 0.5 cup                    | 0.046                         |
| 07918  | Sausage, summer, pork and beef, sticks, with cheddar cheese   | 28.35     | 1.0 oz                     | 0.045                         |
| 23618  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw             | 28.35     | 1.0 oz                     | 0.045                         |
| 13001  | Beef, carcass, separable lean and fat, choice, raw  | 28.35     | 1.0 oz                     | 0.045                         |
| 17005  | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw   | 28.35     | 1.0 oz                     | 0.045                         |
| 10906  | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated                | 28.35     | 1.0 oz                     | 0.045                         |
| 23603  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw               | 28.35     | 1.0 oz                     | 0.045                         |
| 23591  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 28.35     | 1.0 oz                     | 0.045                         |
| 11429  | Radishes, raw   | 116.0     | 1.0 cup slices             | 0.045                         |
| 36039  | Restaurant, family style, hash browns   | 94.0      | 1.0 cup                    | 0.045                         |
| 22975  | Chicken, nuggets, white meat, precooked, frozen, not reheated                                       | 82.0      | 1.0 serving                | 0.045                         |
| 19154  | Candies, sesame crunch  | 28.35     | 1.0 oz                     | 0.045                         |
| 15014  | Fish, cisco, smoked   | 28.35     | 1.0 oz                     | 0.045                         |
| 18321  | Pie, lemon meringue, prepared from recipe   | 28.35     | 1.0 oz                     | 0.045                         |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor  | 28.35     | 1.0 oz                     | 0.045                         |
| 10907  | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated                | 28.35     | 1.0 oz shank               | 0.045                         |
| 15110  | Fish, swordfish, raw  | 85.0      | 3.0 oz                     | 0.045                         |
| 09107  | Gooseberries, raw   | 150.0     | 1.0 cup                    | 0.045                         |
| 11858  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt                      | 180.0     | 1.0 cup slices             | 0.045                         |
| 08610  | Cereals ready-to-eat, KASHI Honey Sunshine  | 30.0      | 0.75 cup (1 NLEA serving)  | 0.045                         |
| 43142  | Radishes, hawaiian style, pickled   | 150.0     | 1.0 cup                    | 0.045                         |
| 18544  | ARCHWAY Home Style Cookies, Raspberry Filled  | 25.0      | 1.0 serving                | 0.045                         |
| 43027  | Jellies, no sugar (with sodium saccharin), any flavors  | 300.0     | 1.0 cup                    | 0.045                         |
| 11468  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt                   | 180.0     | 1.0 cup, sliced            | 0.045                         |
| 09043  | Blackberry juice, canned  | 250.0     | 1.0 cup                    | 0.045                         |
| 18547  | ARCHWAY Home Style Cookies, Strawberry Filled   | 25.0      | 1.0 serving                | 0.045                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 09148  | Kiwifruit, green, raw  | 180.0     | 1.0 cup, sliced                                  | 0.045                         |
| 18537  | ARCHWAY Home Style Cookies, Oatmeal  | 25.0      | 1.0 serving                                      | 0.045                         |
| 07241  | OSCAR MAYER, Wieners (beef franks)   | 45.0      | 1.0 serving                                      | 0.045                         |
| 08608  | Cereals ready-to-eat, KASHI Berry Blossom  | 30.0      | 0.75 cup (1 NLEA serving)                        | 0.045                         |
| 05056  | Chicken, broilers or fryers, back, meat only, cooked, stewed   | 26.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.045                         |
| 09351  | Fruit cocktail, canned, heavy syrup, drained   | 214.0     | 1.0 cup  | 0.045                         |
| 07090  | Luncheon sausage, pork and beef  | 23.0      | 1.0 slice (4" dia x 1/8" thick)                  | 0.045                         |
| 09120  | Grapefruit, sections, canned, juice pack, solids and liquids   | 249.0     | 1.0 cup  | 0.045                         |
| 28142  | KEEBLER, TOWN HOUSE, Original Crackers   | 16.0      | 5.0 crackers                                     | 0.045                         |
| 23604  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked       | 28.35     | 1.0 oz   | 0.045                         |
| 18443  | Pie, apple, commercially prepared, unenriched flour  | 28.35     | 1.0 oz   | 0.045                         |
| 19421  | Snacks, potato chips, cheese-flavor  | 28.35     | 1.0 oz   | 0.045                         |
| 11922  | Sesbania flower, cooked, steamed, with salt  | 104.0     | 1.0 cup  | 0.045                         |
| 11448  | Sesbania flower, cooked, steamed, without salt   | 104.0     | 1.0 cup  | 0.045                         |
| 11896  | Winged bean, immature seeds, cooked, boiled, drained, with salt                                      | 62.0      | 1.0 cup  | 0.045                         |
| 11596  | Winged beans, immature seeds, cooked, boiled, drained, without salt                                  | 62.0      | 1.0 cup  | 0.045                         |
| 21141  | BURGER KING, Vanilla Shake   | 24.8      | 1.0 fl oz  | 0.045                         |
| 13346  | Beef, cured, corned beef, brisket, raw   | 28.35     | 1.0 oz   | 0.045                         |
| 32001  | Rice and vermicelli mix, beef flavor, prepared with 80% margarine                                    | 247.0     | 1.0 cup  | 0.044                         |
| 05025  | Chicken, heart, all classes, raw   | 6.1       | 1.0 heart  | 0.044                         |
| 09370  | Peaches, canned, heavy syrup, drained  | 222.0     | 1.0 cup  | 0.044                         |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)                            | 120.0     | 1.0 piece (2-1/2" x 2-3/4" x 1")                 | 0.044                         |
| 06040  | Soup, minestrone, canned, condensed  | 123.0     | 0.5 cup (4 fl oz)                                | 0.044                         |
| 03867  | Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder                                     | 9.4       | 1.0 scoop  | 0.044                         |
| 33872  | Infant formula, GERBER, GOOD START 2 SOY, with iron, powder  | 9.4       | 1.0 scoop  | 0.044                         |
| 11003  | Amaranth leaves, raw   | 28.0      | 1.0 cup  | 0.044                         |
| 23589  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 28.35     | 1.0 oz   | 0.044                         |
| 23596  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw                  | 28.35     | 1.0 oz   | 0.044                         |
| 18119  | Cake, pineapple upside-down, prepared from recipe  | 28.35     | 1.0 oz   | 0.044                         |
| 15251  | USDA Commodity, salmon nuggets, breaded, frozen, heated  | 28.35     | 1.0 oz   | 0.044                         |
| 07003  | Beerwurst, beer salami, pork   | 23.0      | 1.0 slice (4" dia x 1/8" thick)                  | 0.044                         |
| 20042  | Rice, brown, parboiled, dry, UNCLE BEN'S   | 48.0      | 0.25 cup   | 0.044                         |
| 28113  | KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies                               | 21.0      | 1.0 pouch  | 0.044                         |
| 08148  | Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size                                      | 49.0      | 1.0 cup (1 NLEA serving)                         | 0.044                         |
| 19361  | Syrups, table blends, cane and 15% maple   | 315.0     | 1.0 cup  | 0.044                         |
| 05101  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter                              | 29.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.044                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 18953  | Bread, salvadoran sweet cheese (quesadilla salvadorena)  | 55.0      | 1.0 serving (approximate serving size)             | 0.044                         |
| 11595  | Winged beans, immature seeds, raw  | 44.0      | 1.0 cup slices                                     | 0.044                         |
| 11803  | Okra, cooked, boiled, drained, with salt   | 80.0      | 0.5 cup slices                                     | 0.044                         |
| 11279  | Okra, cooked, boiled, drained, without salt  | 80.0      | 0.5 cup slices                                     | 0.044                         |
| 07010  | Bologna, pork  | 28.0      | 1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz) | 0.044                         |
| 23588  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled          | 28.35     | 1.0 oz   | 0.044                         |
| 01031  | Cheese, neufchatel   | 28.35     | 1.0 oz   | 0.044                         |
| 08168  | Cereals, CREAM OF RICE, cooked with water, with salt   | 244.0     | 1.0 cup  | 0.044                         |
| 08101  | Cereals, CREAM OF RICE, cooked with water, without salt  | 244.0     | 1.0 cup  | 0.044                         |
| 07069  | Salami, cooked, beef and pork  | 12.3      | 1.0 slice round                                    | 0.044                         |
| 11900  | Corn, sweet, white, raw  | 73.0      | 1.0 ear, small (5-1/2" to 6-1/2" long)             | 0.044                         |
| 11128  | Carrots, canned, regular pack, drained solids  | 146.0     | 1.0 cup, sliced                                    | 0.044                         |
| 11759  | Carrots, canned, no salt added, drained solids   | 146.0     | 1.0 cup, sliced                                    | 0.044                         |
| 09334  | Feijoa, raw  | 243.0     | 1.0 cup, pureed                                    | 0.044                         |
| 07058  | Pickle and pimiento loaf, pork   | 38.0      | 1.0 slice  | 0.044                         |
| 11567  | Turnips, frozen, cooked, boiled, drained, without salt   | 156.0     | 1.0 cup  | 0.044                         |
| 11890  | Turnips, frozen, cooked, boiled, drained, with salt  | 156.0     | 1.0 cup  | 0.044                         |
| 16159  | Tofu, extra firm, prepared with nigari   | 91.0      | 0.2 block  | 0.044                         |
| 10146  | Pork, cured, ham, patties, unheated  | 28.35     | 1.0 oz   | 0.044                         |
| 18439  | English muffins, plain, unenriched, without calcium propionate (includes sourdough)                  | 28.35     | 1.0 oz   | 0.044                         |
| 12060  | Nuts, acorn flour, full fat  | 28.35     | 1.0 oz   | 0.044                         |
| 13149  | Beef, rib, shortribs, separable lean only, choice, raw   | 28.35     | 1.0 oz   | 0.044                         |
| 23590  | Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 28.35     | 1.0 oz   | 0.044                         |
| 23587  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled           | 28.35     | 1.0 oz   | 0.044                         |
| 18438  | English muffins, plain, unenriched, with calcium propionate (includes sourdough)                     | 28.35     | 1.0 oz   | 0.044                         |
| 12059  | Nuts, acorns, dried  | 28.35     | 1.0 oz   | 0.044                         |
| 11369  | Potatoes, microwaved, cooked in skin, skin, without salt   | 58.0      | 1.0 skin   | 0.044                         |
| 11836  | Potatoes, microwaved, cooked, in skin, skin with salt  | 58.0      | 1.0 skin   | 0.044                         |
| 28219  | MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies   | 29.0      | 2.0 cookies  | 0.044                         |
| 28109  | KEEBLER, Iced Oatmeal Cookies  | 29.0      | 2.0 cookies  | 0.044                         |
| 03955  | Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA               | 30.8      | 1.0 fl oz  | 0.043                         |
| 06440  | Soup, minestrone, canned, prepared with equal volume water   | 241.0     | 1.0 cup (8 fl oz)                                  | 0.043                         |
| 07050  | Mortadella, beef, pork   | 28.35     | 1.0 oz   | 0.043                         |
| 18528  | ARCHWAY Home Style Cookies, Dutch Cocoa  | 24.0      | 1.0 serving  | 0.043                         |
| 03814  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted              | 9.6       | 1.0 scoop  | 0.043                         |
| 11282  | Onions, raw  | 160.0     | 1.0 cup, chopped                                   | 0.043                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 11478  | Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt                           | 180.0     | 1.0 cup, sliced                                  | 0.043                         |
| 18209  | Cookies, sugar wafers with creme filling, regular  | 36.0      | 3.0 cookies                                      | 0.043                         |
| 15133  | Fish, whiting, mixed species, cooked, dry heat   | 72.0      | 1.0 fillet                                       | 0.043                         |
| 05324  | Chicken patty, frozen, cooked  | 60.0      | 1.0 patty  | 0.043                         |
| 05018  | Chicken, broilers or fryers, skin only, cooked, roasted  | 34.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.043                         |
| 11659  | Sweet potato, cooked, candied, home-prepared   | 105.0     | 1.0 piece (2-1/2" x 2" dia)                      | 0.043                         |
| 19243  | Candies, HEATH BITES   | 39.0      | 15.0 pieces                                      | 0.043                         |
| 09279  | Plums, raw   | 165.0     | 1.0 cup, sliced                                  | 0.043                         |
| 11417  | Pumpkin flowers, cooked, boiled, drained, without salt   | 134.0     | 1.0 cup  | 0.043                         |
| 11847  | Pumpkin, flowers, cooked, boiled, drained, with salt   | 134.0     | 1.0 cup  | 0.043                         |
| 13894  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                  | 28.35     | 1.0 oz   | 0.043                         |
| 25000  | Snacks, popcorn, microwave, 94% fat free   | 28.35     | 1.0 oz   | 0.043                         |
| 11402  | Potatoes, french fried, all types, salt added in processing, frozen, unprepared                          | 89.0      | 10.0 strip                                       | 0.043                         |
| 18348  | Rolls, dinner, whole-wheat   | 28.0      | 1.0 roll (1 oz)                                  | 0.043                         |
| 16145  | Beans, kidney, red, mature seeds, canned, drained solids   | 266.0     | 1.0 can drained solids                           | 0.043                         |
| 17177  | Game meat, rabbit, domesticated, composite of cuts, raw  | 28.35     | 1.0 oz   | 0.043                         |
| 13803  | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw                       | 28.35     | 1.0 oz   | 0.043                         |
| 13097  | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw              | 28.35     | 1.0 oz   | 0.043                         |
| 18202  | Cookies, sugar wafer, with creme filling, sugar free   | 28.35     | 1.0 oz   | 0.043                         |
| 13807  | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw                  | 28.35     | 1.0 oz   | 0.043                         |
| 07937  | Bologna, pork, turkey and beef   | 28.35     | 1.0 oz   | 0.043                         |
| 23638  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35     | 1.0 oz   | 0.043                         |
| 09238  | Peaches, canned, juice pack, solids and liquids  | 250.0     | 1.0 cup  | 0.042                         |
| 11392  | Potatoes, hash brown, frozen, with butter sauce, unprepared  | 170.0     | 1.0 package (6 oz)                               | 0.042                         |
| 15098  | Fish, sheepshead, cooked, dry heat   | 85.0      | 3.0 oz   | 0.042                         |
| 18527  | ARCHWAY Home Style Cookies, Date Filled Oatmeal  | 25.0      | 1.0 serving                                      | 0.042                         |
| 18222  | Crackers, melba toast, wheat   | 14.2      | 0.5 oz   | 0.042                         |
| 09150  | Lemons, raw, without peel  | 212.0     | 1.0 cup, sections                                | 0.042                         |
| 20029  | Couscous, cooked   | 157.0     | 1.0 cup, cooked                                  | 0.042                         |
| 15132  | Fish, whiting, mixed species, raw  | 92.0      | 1.0 fillet                                       | 0.042                         |
| 33873  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted                   | 9.4       | 1.0 scoop  | 0.042                         |
| 08147  | Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit   | 47.0      | 2.0 biscuits (1 NLEA serving)                    | 0.042                         |
| 43131  | Luncheon slices, meatless  | 14.0      | 1.0 slice, thin                                  | 0.042                         |
| 23630  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled     | 28.35     | 1.0 oz   | 0.042                         |
| 13879  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw               | 28.35     | 1.0 oz   | 0.042                         |
| 23628  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled               | 28.35     | 1.0 oz   | 0.042                         |

| NDB_No | Description  | Weight(g) | Measure                                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 23610  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled          | 28.35     | 1.0 oz                                    | 0.042                         |
| 28300  | Cookies, oatmeal sandwich, with creme filling  | 38.0      | 1.0 cookie 1 serving                      | 0.042                         |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid                                 | 248.0     | 1.0 cup                                   | 0.042                         |
| 09400  | Apple juice, canned or bottled, unsweetened, with added ascorbic acid                                    | 248.0     | 1.0 cup                                   | 0.042                         |
| 01106  | Milk, goat, fluid, with added vitamin D  | 30.5      | 1.0 fl oz                                 | 0.042                         |
| 18541  | ARCHWAY Home Style Cookies, Peanut Butter  | 21.0      | 1.0 serving                               | 0.042                         |
| 28119  | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies                               | 21.0      | 1.0 pouch                                 | 0.042                         |
| 19405  | Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow                             | 28.0      | 1.0 bar (1 oz)                            | 0.042                         |
| 18533  | ARCHWAY Home Style Cookies, Iced Oatmeal   | 28.0      | 1.0 serving                               | 0.042                         |
| 11916  | Peppers, sweet, red, canned, solids and liquids  | 140.0     | 1.0 cup, halves                           | 0.042                         |
| 19910  | Candies, crispy bar with peanut butter filling   | 42.0      | 1.0 serving 1.5 oz                        | 0.042                         |
| 28266  | KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat  | 21.0      | 0.125 crust                               | 0.042                         |
| 28145  | KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers   | 14.0      | 3.0 crackers                              | 0.042                         |
| 28210  | MURRAY, SUGAR FREE, Vanilla Sugar Wafer  | 28.0      | 4.0 cookies                               | 0.042                         |
| 14317  | Beverages, malted drink mix, chocolate, powder   | 21.0      | 1.0 serving (3 heaping tsp or 1 envelope) | 0.042                         |
| 28146  | KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers  | 14.0      | 3.0 crackers                              | 0.042                         |
| 28068  | KEEBLER, CLUB, Original Crackers   | 14.0      | 4.0 crackers                              | 0.042                         |
| 11335  | Peppers, sweet, green, canned, solids and liquids  | 140.0     | 1.0 cup, halves                           | 0.042                         |
| 19249  | Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate                               | 42.0      | 1.0 serving 1.5 oz                        | 0.042                         |
| 28147  | KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers  | 14.0      | 3.0 crackers                              | 0.042                         |
| 18183  | Cookies, oatmeal, refrigerated dough, baked  | 28.35     | 1.0 oz                                    | 0.042                         |
| 18254  | Doughnuts, yeast-leavened, with creme filling  | 28.35     | 1.0 oz                                    | 0.042                         |
| 18316  | Pie, coconut custard, commercially prepared  | 28.35     | 1.0 oz                                    | 0.042                         |
| 23606  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35     | 1.0 oz                                    | 0.042                         |
| 18182  | Cookies, oatmeal, refrigerated dough   | 28.35     | 1.0 oz                                    | 0.042                         |
| 18201  | Cookies, peanut butter sandwich, special dietary   | 28.35     | 1.0 oz                                    | 0.042                         |
| 07088  | Honey roll sausage, beef   | 23.0      | 1.0 slice (4" dia x 1/8" thick)           | 0.042                         |
| 11919  | Peppers, sweet, red, frozen, chopped, boiled, drained, with salt   | 135.0     | 1.0 cup, chopped or strips                | 0.042                         |
| 11918  | Peppers, sweet, red, frozen, chopped, boiled, drained, without salt                                      | 135.0     | 1.0 cup, chopped or strips                | 0.042                         |
| 11825  | Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt                               | 135.0     | 1.0 cup, chopped or strips                | 0.042                         |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling   | 14.2      | 0.5 oz                                    | 0.042                         |
| 11333  | Peppers, sweet, green, raw   | 149.0     | 1.0 cup, chopped                          | 0.042                         |
| 11980  | Peppers, chili, green, canned  | 139.0     | 1.0 cup                                   | 0.042                         |
| 23636  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw                     | 28.35     | 1.0 oz                                    | 0.042                         |
| 18339  | Popovers, dry mix, enriched  | 28.35     | 1.0 oz                                    | 0.042                         |
| 18312  | Pie, chocolate mousse, prepared from mix, no-bake type   | 28.35     | 1.0 oz                                    | 0.042                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 23600  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled       | 28.35     | 1.0 oz   | 0.042                         |
| 13348  | Beef, cured, corned beef, canned   | 28.35     | 1.0 oz   | 0.042                         |
| 23597  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw          | 28.35     | 1.0 oz   | 0.042                         |
| 06208  | Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve                               | 245.0     | 1.0 cup  | 0.042                         |
| 18234  | Crackers, wheat, sandwich, with peanut butter filling  | 14.2      | 0.5 oz   | 0.042                         |
| 28138  | KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers  | 16.0      | 2.0 crackers                                     | 0.042                         |
| 18538  | ARCHWAY Home Style Cookies, Oatmeal Raisin   | 26.0      | 1.0 serving                                      | 0.042                         |
| 11001  | Alfalfa seeds, sprouted, raw   | 33.0      | 1.0 cup  | 0.042                         |
| 03279  | Babyfood, dinner, mixed vegetable, junior  | 99.0      | 1.0 serving                                      | 0.042                         |
| 19021  | Snacks, granola bars, soft, uncoated, peanut butter  | 28.0      | 1.0 bar (1 oz)                                   | 0.041                         |
| 21260  | TACO BELL, Original Taco with beef, cheese and lettuce   | 69.0      | 1.0 each taco                                    | 0.041                         |
| 21082  | Fast foods, taco with beef, cheese and lettuce, hard shell   | 69.0      | 1.0 each taco                                    | 0.041                         |
| 10905  | Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated                | 28.35     | 1.0 oz whole                                     | 0.041                         |
| 18303  | Pie, banana cream, prepared from mix, no-bake type   | 28.35     | 1.0 oz   | 0.041                         |
| 23631  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw                    | 28.35     | 1.0 oz   | 0.041                         |
| 05019  | Chicken, broilers or fryers, skin only, cooked, stewed   | 44.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.041                         |
| 18217  | Crackers, matzo, plain   | 14.2      | 0.5 oz   | 0.041                         |
| 11452  | Soybeans, mature seeds, sprouted, raw  | 35.0      | 0.5 cup  | 0.041                         |
| 11238  | Mushrooms, shiitake, raw   | 19.0      | 1.0 piece whole                                  | 0.041                         |
| 05236  | Turkey, young hen, skin only, cooked, roasted  | 31.0      | 1.0 unit (yield from 1 lb ready-to-cook turkey)  | 0.041                         |
| 36415  | Restaurant, Latino, arepa (unleavened cornmeal bread)  | 98.0      | 1.0 piece  | 0.041                         |
| 23626  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35     | 1.0 oz   | 0.041                         |
| 18226  | Crackers, rye, wafers, plain   | 14.2      | 0.5 oz   | 0.041                         |
| 28111  | KEEBLER, READY CRUST, Chocolate Pie Crust  | 21.0      | 0.125 crust 1 serving (from 9" shell)            | 0.041                         |
| 07967  | Pork sausage, link/patty, fully cooked, unheated   | 23.0      | 1.0 link   | 0.041                         |
| 23594  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw          | 28.35     | 1.0 oz   | 0.041                         |
| 11591  | Watercress, raw  | 34.0      | 1.0 cup, chopped                                 | 0.041                         |
| 18522  | ARCHWAY Home Style Cookies, Chocolate Chip Ice Box   | 24.0      | 1.0 serving                                      | 0.041                         |
| 18513  | ARCHWAY Home Style Cookies, Sugar Free Oatmeal   | 24.0      | 1.0 serving                                      | 0.041                         |
| 16079  | Mothbeans, mature seeds, cooked, boiled, without salt  | 177.0     | 1.0 cup  | 0.041                         |
| 16379  | Mothbeans, mature seeds, cooked, boiled, with salt   | 177.0     | 1.0 cup  | 0.041                         |
| 13811  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw                 | 28.35     | 1.0 oz   | 0.041                         |
| 13871  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw           | 28.35     | 1.0 oz   | 0.041                         |
| 28065  | KEEBLER, CLUB, Minis Original Crackers   | 15.0      | 17.0 crackers                                    | 0.041                         |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt   | 135.0     | 1.0 cup, strips                                  | 0.040                         |
| 28080  | KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies  | 27.0      | 3.0 pieces                                       | 0.040                         |

| NDB_No | Description   | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|----------------------------|-------------------------------|
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt  | 135.0     | 1.0 cup, chopped or strips | 0.040                         |
| 03838  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 9.0       | 1.0 scoop                  | 0.040                         |
| 18174  | Cookies, graham crackers, chocolate-coated  | 27.0      | 3.0 pieces                 | 0.040                         |
| 11670  | Peppers, hot chili, green, raw  | 45.0      | 1.0 pepper                 | 0.040                         |
| 33870  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder                                    | 9.4       | 1.0 scoop                  | 0.040                         |
| 09044  | Cherries, tart, dried, sweetened  | 40.0      | 0.25 cup                   | 0.040                         |
| 18221  | Crackers, melba toast, rye (includes pumpernickel)  | 14.2      | 0.5 oz                     | 0.040                         |
| 06028  | Soup, clam chowder, manhattan, canned, condensed  | 126.0     | 0.5 cup (4 fl oz)          | 0.040                         |
| 03843  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted                         | 8.7       | 1.0 scoop                  | 0.040                         |
| 03954  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted                 | 8.7       | 1.0 scoop                  | 0.040                         |
| 18205  | Cookies, sugar, refrigerated dough  | 33.0      | 1.0 serving                | 0.040                         |
| 19401  | Snacks, cornnuts, barbecue-flavor   | 28.35     | 1.0 oz                     | 0.040                         |
| 19002  | Snacks, beef jerky, chopped and formed  | 28.35     | 1.0 oz                     | 0.040                         |
| 18036  | Bread, multi-grain, toasted (includes whole-grain)  | 28.35     | 1.0 oz                     | 0.040                         |
| 16420  | Soy protein concentrate, produced by acid wash  | 28.35     | 1.0 oz                     | 0.040                         |
| 23635  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw                         | 28.35     | 1.0 oz                     | 0.040                         |
| 18256  | Doughnuts, yeast-leavened, with jelly filling   | 28.35     | 1.0 oz                     | 0.040                         |
| 16121  | Soy protein concentrate, produced by alcohol extraction   | 28.35     | 1.0 oz                     | 0.040                         |
| 11622  | Kale, scotch, raw   | 67.0      | 1.0 cup, chopped           | 0.040                         |
| 18160  | Cookies, chocolate chip, commercially prepared, soft-type   | 14.2      | 1.0 cookie                 | 0.040                         |
| 09256  | Pears, canned, light syrup pack, solids and liquids   | 251.0     | 1.0 cup, halves            | 0.040                         |
| 19018  | Fruit syrup   | 334.0     | 1.0 cup                    | 0.040                         |
| 03928  | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder  | 8.5       | 1.0 scoop                  | 0.040                         |
| 36414  | Restaurant, Latino, tripe soup  | 200.0     | 1.0 cup                    | 0.040                         |
| 36612  | DENNY'S, golden fried shrimp  | 16.0      | 1.0 piece                  | 0.040                         |
| 09510  | Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E                      | 250.0     | 1.0 cup                    | 0.040                         |
| 06749  | Soup, beef and vegetables, canned, ready-to-serve   | 250.0     | 1.0 cup                    | 0.040                         |
| 03956  | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified                             | 31.0      | 1.0 oz                     | 0.040                         |
| 03929  | Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted                                     | 9.3       | 1.0 scoop                  | 0.040                         |
| 23637  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw                         | 28.35     | 1.0 oz                     | 0.040                         |
| 19031  | Snacks, oriental mix, rice-based  | 28.35     | 1.0 oz                     | 0.040                         |
| 11479  | Squash, summer, zucchini, includes skin, frozen, unprepared   | 95.0      | 0.33 package (10 oz)       | 0.040                         |
| 28114  | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies                            | 21.0      | 1.0 pouch                  | 0.040                         |

| NDB_No | Description   | Weight(g) | Measure                        | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--------------------------------|-------------------------------|
| 03957  | Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA   | 8.7       | 1.0 scoop                      | 0.040                         |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water                                       | 249.0     | 1.0 serving 1 cup              | 0.040                         |
| 11299  | Parsnips, cooked, boiled, drained, without salt   | 78.0      | 0.5 cup slices                 | 0.040                         |
| 11808  | Parsnips, cooked, boiled, drained, with salt  | 78.0      | 0.5 cup slices                 | 0.040                         |
| 09309  | Rhubarb, frozen, uncooked   | 137.0     | 1.0 cup, diced                 | 0.040                         |
| 15252  | USDA Commodity, salmon nuggets, cooked as purchased, unheated   | 28.35     | 1.0 oz                         | 0.040                         |
| 18055  | Bread, reduced-calorie, wheat   | 28.35     | 1.0 oz                         | 0.040                         |
| 13844  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw                     | 28.35     | 1.0 oz                         | 0.040                         |
| 18180  | Cookies, oatmeal, dry mix   | 28.35     | 1.0 oz                         | 0.040                         |
| 18266  | English muffins, whole-wheat  | 28.35     | 1.0 oz                         | 0.040                         |
| 19147  | Candies, peanut bar   | 28.35     | 1.0 oz                         | 0.040                         |
| 23632  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw                               | 28.35     | 1.0 oz                         | 0.040                         |
| 16088  | Peanuts, all types, cooked, boiled, with salt   | 63.0      | 1.0 cup in shell, edible yield | 0.040                         |
| 16112  | Miso  | 17.0      | 1.0 tbsp                       | 0.040                         |
| 16173  | Frijoles rojos volteados (Refried beans, red, canned)   | 233.0     | 1.0 cup                        | 0.040                         |
| 03852  | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 8.8       | 1.0 scoop                      | 0.040                         |
| 03821  | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted                               | 8.8       | 1.0 scoop                      | 0.040                         |
| 03826  | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted                         | 8.8       | 1.0 scoop                      | 0.040                         |
| 28155  | KEEBLER, Waffle Bowls   | 12.0      | 1.0 waffle                     | 0.040                         |
| 28156  | KEEBLER, Waffle Cones   | 12.0      | 1.0 cone                       | 0.040                         |
| 06434  | CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup  | 247.0     | 1.0 cup                        | 0.040                         |
| 13809  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw                      | 28.35     | 1.0 oz                         | 0.039                         |
| 28325  | Crackers, toast thins, low sodium   | 31.0      | 1.0 serving                    | 0.039                         |
| 28292  | Crackers, multigrain  | 14.0      | 4.0 crackers                   | 0.039                         |
| 28067  | KEEBLER, CLUB, Multigrain Crackers  | 14.0      | 4.0 crackers                   | 0.039                         |
| 09226  | Papayas, raw  | 145.0     | 1.0 cup 1" pieces              | 0.039                         |
| 11676  | Radish seeds, sprouted, raw   | 38.0      | 1.0 cup                        | 0.039                         |
| 10099  | Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered                                    | 85.0      | 3.0 oz                         | 0.039                         |
| 15154  | Crustaceans, spiny lobster, mixed species, raw  | 85.0      | 3.0 oz                         | 0.039                         |
| 28066  | KEEBLER, CLUB, Minis Multigrain Crackers  | 15.0      | 17.0 crackers                  | 0.039                         |
| 28082  | KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies  | 30.0      | 2.0 cookies                    | 0.039                         |
| 28253  | SUNSHINE, CHEEZ-IT, Snack Mix   | 30.0      | 0.5 cup                        | 0.039                         |
| 19136  | Candies, HERSHEY'S SKOR Toffee Bar  | 39.0      | 1.0 bar 1.4 oz                 | 0.039                         |
| 01054  | Cream, whipped, cream topping, pressurized  | 60.0      | 1.0 cup                        | 0.039                         |

| NDB_No | Description   | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 11564  | Turnips, raw  | 130.0     | 1.0 cup, cubes                           | 0.039                         |
| 11475  | Squash, summer, scallop, raw  | 130.0     | 1.0 cup slices                           | 0.039                         |
| 07054  | Pate, goose liver, smoked, canned   | 13.0      | 1.0 tbsp                                 | 0.039                         |
| 05282  | Pate de foie gras, canned (goose liver pate), smoked  | 13.0      | 1.0 tbsp                                 | 0.039                         |
| 18267  | English muffins, whole-wheat, toasted   | 28.35     | 1.0 oz                                   | 0.039                         |
| 18220  | Crackers, melba toast, plain  | 14.2      | 0.5 oz                                   | 0.039                         |
| 18424  | Crackers, melba toast, plain, without salt  | 14.2      | 0.5 oz                                   | 0.039                         |
| 11819  | Peppers, hot chili, red, raw  | 45.0      | 1.0 pepper                               | 0.039                         |
| 18242  | Croutons, plain   | 14.2      | 0.5 oz                                   | 0.039                         |
| 09191  | Nectarines, raw   | 143.0     | 1.0 cup slices                           | 0.039                         |
| 11412  | Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated          | 133.0     | 10.0 strip                               | 0.039                         |
| 06466  | Soup, turkey vegetable, canned, prepared with equal volume water                            | 241.0     | 1.0 cup (8 fl oz)                        | 0.039                         |
| 19057  | Snacks, tortilla chips, nacho cheese  | 28.35     | 1.0 oz                                   | 0.039                         |
| 14063  | Beverages, chocolate powder, no sugar added   | 11.0      | 2.0 tbsp                                 | 0.038                         |
| 18231  | Crackers, standard snack-type, sandwich, with peanut butter filling                         | 14.2      | 0.5 oz                                   | 0.038                         |
| 18219  | Crackers, matzo, whole-wheat  | 14.2      | 0.5 oz                                   | 0.038                         |
| 06545  | CAMPBELL'S Homestyle New England Clam Chowder   | 256.0     | 1.0 cup                                  | 0.038                         |
| 11170  | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids                   | 256.0     | 1.0 cup                                  | 0.038                         |
| 16044  | Beans, pinto, mature seeds, canned, solids and liquids                                      | 240.0     | 1.0 cup                                  | 0.038                         |
| 11771  | Corn, sweet, yellow, canned, no salt added, solids and liquids                              | 256.0     | 1.0 cup                                  | 0.038                         |
| 16347  | Beans, pinto, mature seeds, canned, solids and liquids, low sodium                          | 240.0     | 1.0 cup                                  | 0.038                         |
| 18159  | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched               | 12.9      | 1.0 cookie                               | 0.038                         |
| 11149  | Chayote, fruit, raw   | 132.0     | 1.0 cup (1" pieces)                      | 0.038                         |
| 03010  | Babyfood, meat, lamb, strained  | 22.0      | 1.0 tbsp                                 | 0.038                         |
| 13891  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35     | 1.0 oz                                   | 0.038                         |
| 03003  | Babyfood, meat, beef, junior  | 28.35     | 1.0 oz                                   | 0.038                         |
| 13813  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw        | 28.35     | 1.0 oz                                   | 0.038                         |
| 16087  | Peanuts, all types, raw   | 28.35     | 1.0 oz                                   | 0.038                         |
| 23629  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35     | 1.0 oz                                   | 0.038                         |
| 15073  | Fish, roughy, orange, raw   | 85.0      | 3.0 oz                                   | 0.038                         |
| 21127  | Fast foods, coleslaw  | 191.0     | 1.0 cup                                  | 0.038                         |
| 16359  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water | 254.0     | 1.0 can drained, rinsed                  | 0.038                         |
| 27042  | Soup, clam chowder, new england, canned, ready-to-serve                                     | 254.0     | 1.0 cup                                  | 0.038                         |
| 11602  | Yam, cooked, boiled, drained, or baked, without salt  | 136.0     | 1.0 cup, cubes                           | 0.038                         |
| 11897  | Yam, cooked, boiled, drained, or baked, with salt   | 136.0     | 1.0 cup, cubes                           | 0.038                         |
| 11672  | Potato pancakes   | 22.0      | 1.0 small 2-3/4 in. dia., 5/8 in. thick. | 0.038                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 09185  | Melon balls, frozen   | 173.0     | 1.0 cup, unthawed                                | 0.038                         |
| 09354  | Pineapple, canned, juice pack, drained  | 181.0     | 1.0 cup, chunks                                  | 0.038                         |
| 11119  | Cabbage, chinese (pe-tsai), raw   | 76.0      | 1.0 cup, shredded                                | 0.038                         |
| 28118  | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies  | 20.0      | 1.0 pouch  | 0.038                         |
| 16358  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids   | 253.0     | 1.0 can drained                                  | 0.038                         |
| 09512  | Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium   | 253.0     | 1.0 cup  | 0.038                         |
| 09135  | Grape juice, canned or bottled, unsweetened, without added ascorbic acid  | 253.0     | 1.0 cup  | 0.038                         |
| 09130  | Grape juice, canned or bottled, unsweetened, with added ascorbic acid   | 253.0     | 1.0 cup  | 0.038                         |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids               | 237.0     | 1.0 cup  | 0.038                         |
| 05085  | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter   | 16.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.038                         |
| 16149  | Peanut spread, reduced sugar  | 31.0      | 2.0 tbsp   | 0.038                         |
| 07959  | Bologna, chicken, pork, beef  | 28.0      | 1.0 serving                                      | 0.038                         |
| 03269  | Babyfood, juice, apple, with calcium  | 189.0     | 1.0 serving                                      | 0.038                         |
| 11290  | Onions, frozen, whole, cooked, boiled, drained, without salt  | 210.0     | 1.0 cup  | 0.038                         |
| 36408  | Restaurant, Latino, pupusas con frijoles (pupusas, bean)  | 126.0     | 1.0 piece  | 0.038                         |
| 11807  | Onions, frozen, whole, cooked, boiled, drained, with salt   | 210.0     | 1.0 cup  | 0.038                         |
| 06431  | CAMPBELL'S CHUNKY, New England Clam Chowder   | 251.0     | 1.0 cup  | 0.038                         |
| 21247  | WENDY'S, french fries   | 71.0      | 1.0 kid's meal Serving                           | 0.038                         |
| 09443  | Juice, apple and grape blend, with added ascorbic acid  | 250.0     | 8.0 fl oz  | 0.038                         |
| 43529  | Babyfood, rice and apples, dry  | 2.5       | 1.0 tbsp   | 0.038                         |
| 28149  | KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers  | 15.0      | 8.0 crackers                                     | 0.038                         |
| 09444  | Juice, apple, grape and pear blend, with added ascorbic acid and calcium  | 250.0     | 8.0 fl oz  | 0.038                         |
| 08121  | Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt          | 234.0     | 1.0 cup  | 0.037                         |
| 08180  | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt | 234.0     | 1.0 cup  | 0.037                         |
| 09042  | Blackberries, raw   | 144.0     | 1.0 cup  | 0.037                         |
| 03178  | Babyfood, juice, prune and orange   | 31.2      | 1.0 fl oz  | 0.037                         |
| 18306  | Pie, blueberry, prepared from recipe  | 28.35     | 1.0 oz   | 0.037                         |
| 35140  | Bread, kneel down (Navajo)  | 28.35     | 1.0 oz   | 0.037                         |
| 15186  | Fish, tuna, white, canned in water, without salt, drained solids  | 85.0      | 3.0 oz   | 0.037                         |
| 15126  | Fish, tuna, white, canned in water, drained solids  | 85.0      | 3.0 oz   | 0.037                         |
| 03926  | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted                       | 31.4      | 1.0 fl oz  | 0.037                         |
| 16010  | Beans, baked, canned, with pork and sweet sauce   | 249.0     | 1.0 cup  | 0.037                         |
| 09442  | Pomegranate juice, bottled  | 249.0     | 1.0 cup  | 0.037                         |

| NDB_No | Description  | Weight(g) | Measure                          | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------------------|-------------------------------|
| 11024  | Balsam-pear (bitter gourd), pods, raw  | 93.0      | 1.0 cup (1/2" pieces)            | 0.037                         |
| 18333  | Pie crust, standard-type, dry mix, prepared, baked   | 20.0      | 1.0 piece (1/8 of 9" crust)      | 0.037                         |
| 28091  | KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal  | 31.0      | 3.0 cookies                      | 0.037                         |
| 18418  | Cake, pound, commercially prepared, other than all butter, unenriched                          | 30.0      | 1.0 piece (1/10 of 10.6 oz cake) | 0.037                         |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar  | 60.0      | 1.0 serving 2.1 oz bar           | 0.037                         |
| 28397  | Bread, multi-grain (includes whole-grain)  | 28.35     | 1.0 oz                           | 0.037                         |
| 25030  | Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS                                     | 28.35     | 1.0 oz                           | 0.037                         |
| 13877  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35     | 1.0 oz                           | 0.037                         |
| 08560  | Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax                                 | 53.0      | 0.67 Cup (1 NLEA serving)        | 0.037                         |
| 08066  | Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice   | 14.0      | 0.75 cup (1 NLEA serving)        | 0.037                         |
| 28310  | Cookies, shortbread, reduced fat   | 11.8      | 1.0 cookie                       | 0.037                         |
| 11519  | Taro, cooked, without salt   | 132.0     | 1.0 cup, sliced                  | 0.037                         |
| 11878  | Taro, cooked, with salt  | 132.0     | 1.0 cup slices                   | 0.037                         |
| 07952  | Bologna, chicken, turkey, pork   | 28.0      | 1.0 serving                      | 0.037                         |
| 19009  | Snacks, KRAFT, CORNNUTS, plain   | 28.35     | 1.0 oz                           | 0.037                         |
| 13859  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw     | 28.35     | 1.0 oz                           | 0.037                         |
| 19444  | Snacks, tortilla chips, low fat, made with olestra, nacho cheese                               | 28.35     | 1.0 oz                           | 0.037                         |
| 13847  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw       | 28.35     | 1.0 oz                           | 0.037                         |
| 18117  | Cake, pudding-type, marble, dry mix  | 28.35     | 1.0 oz                           | 0.037                         |
| 13841  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw      | 28.35     | 1.0 oz                           | 0.037                         |
| 18355  | Sweet rolls, cheese  | 28.35     | 1.0 oz                           | 0.037                         |
| 13838  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw  | 28.35     | 1.0 oz                           | 0.037                         |
| 13095  | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw | 28.35     | 1.0 oz                           | 0.037                         |
| 18107  | Coffeecake, cinnamon with crumb topping, dry mix   | 28.35     | 1.0 oz                           | 0.037                         |
| 13833  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw          | 28.35     | 1.0 oz                           | 0.037                         |
| 13830  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw         | 28.35     | 1.0 oz                           | 0.037                         |
| 18171  | Cookies, fortune   | 28.35     | 1.0 oz                           | 0.037                         |
| 13827  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw         | 28.35     | 1.0 oz                           | 0.037                         |
| 13824  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw     | 28.35     | 1.0 oz                           | 0.037                         |
| 21386  | BURGER KING, french toast sticks   | 21.0      | 1.0 stick                        | 0.037                         |
| 07063  | Pork sausage, link/patty, unprepared   | 25.0      | 1.0 link                         | 0.037                         |
| 27045  | Soup, beef and vegetables, reduced sodium, canned, ready-to-serve                              | 245.0     | 1.0 cup                          | 0.037                         |
| 09152  | Lemon juice, raw   | 244.0     | 1.0 cup                          | 0.037                         |
| 06453  | Soup, cream of potato, canned, prepared with equal volume water                                | 244.0     | 1.0 cup (8 fl oz)                | 0.037                         |
| 09307  | Rhubarb, raw   | 122.0     | 1.0 cup, diced                   | 0.037                         |
| 15136  | Crustaceans, crab, alaska king, raw  | 85.0      | 3.0 oz                           | 0.037                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 11820  | Peppers, hot chili, red, canned, excluding seeds, solids and liquids  | 73.0      | 1.0 pepper                                      | 0.037                         |
| 11329  | Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids  | 73.0      | 1.0 pepper                                      | 0.037                         |
| 03966  | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate  | 29.2      | 1.0 fl oz                                       | 0.036                         |
| 03194  | Babyfood, cereal, rice, dry fortified   | 2.5       | 1.0 tbsp  | 0.036                         |
| 28308  | Crackers, standard snack-type, with whole wheat   | 15.0      | 5.0 crackers 1 serving                          | 0.036                         |
| 28073  | KEEBLER, Danish Wedding Cookies   | 26.0      | 4.0 cookies                                     | 0.036                         |
| 28268  | KEEBLER, Sugar Cones  | 13.0      | 1.0 cone  | 0.036                         |
| 18614  | MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry   | 28.0      | 1.0 serving                                     | 0.036                         |
| 01242  | Ice cream sandwich, vanilla, light, no sugar added  | 70.0      | 1.0 serving                                     | 0.036                         |
| 09252  | Pears, raw  | 140.0     | 1.0 cup, slices                                 | 0.036                         |
| 09412  | Pears, raw, bartlett  | 140.0     | 1.0 cup, sliced                                 | 0.036                         |
| 25045  | Formulated bar, high fiber, chewy, oats and chocolate   | 40.0      | 1.0 bar   | 0.036                         |
| 01241  | Ice cream sandwich, made with light ice cream, vanilla  | 70.0      | 1.0 serving                                     | 0.036                         |
| 09160  | Lime juice, raw   | 242.0     | 1.0 cup   | 0.036                         |
| 08389  | Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs   | 30.0      | 1.0 cup (1 NLEA serving)                        | 0.036                         |
| 05195  | Turkey, all classes, wing, meat and skin, raw   | 33.0      | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.036                         |
| 16171  | Refried beans, canned, vegetarian   | 242.0     | 1.0 cup   | 0.036                         |
| 21139  | Fast foods, potato, mashed  | 242.0     | 1.0 cup   | 0.036                         |
| 03070  | Babyfood, dinner, chicken soup, strained  | 113.0     | 1.0 jar Beech-Nut Stage 2 (4 oz)                | 0.036                         |
| 23420  | Beef, New Zealand, imported, intermuscular fat, raw   | 113.0     | 4.0 oz  | 0.036                         |
| 06448  | Soup, oyster stew, canned, prepared with equal volume water   | 241.0     | 1.0 cup (8 fl oz)                               | 0.036                         |
| 07960  | Bologna, chicken, pork  | 28.0      | 1.0 serving                                     | 0.036                         |
| 03952  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate                                    | 31.4      | 1.0 fl oz                                       | 0.036                         |
| 03842  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate  | 31.4      | 1.0 fl oz                                       | 0.036                         |
| 11337  | Peppers, sweet, green, frozen, chopped, unprepared  | 95.0      | 0.33 package (10 oz)                            | 0.036                         |
| 11917  | Peppers, sweet, red, frozen, chopped, unprepared  | 95.0      | 0.33 package (10 oz)                            | 0.036                         |
| 03844  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA | 31.6      | 1.0 fl oz                                       | 0.036                         |
| 27068  | Dip, FRITO'S, bean, original flavor   | 36.0      | 2.0 tbsp  | 0.036                         |
| 27065  | Dip, bean, original flavor  | 36.0      | 2.0 tbsp  | 0.036                         |
| 18978  | KASHI, Blueberry Waffle   | 72.0      | 2.0 pieces                                      | 0.036                         |
| 18980  | KASHI, Original Waffle  | 72.0      | 2.0 pieces                                      | 0.036                         |
| 28031  | GIRL SCOUTS, Do-si-dos Cookies  | 24.0      | 2.0 cookies                                     | 0.036                         |
| 16360  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium                               | 240.0     | 1.0 cup   | 0.036                         |
| 28116  | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme  | 20.0      | 1.0 pouch                                       | 0.036                         |
| 11157  | Chrysanthemum, garland, raw   | 25.0      | 1.0 cup (1" pieces)                             | 0.036                         |

| NDB_No | Description   | Weight(g) | Measure                 | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------|-------------------------------|
| 14162  | Beverages, Apple juice drink, light, fortified with vitamin C   | 240.0     | 8.0 fl oz               | 0.036                         |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids                               | 240.0     | 1.0 cup                 | 0.036                         |
| 03854  | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA | 31.3      | 1.0 fl oz               | 0.036                         |
| 06053  | Soup, cream of potato, canned, condensed  | 124.0     | 0.5 cup                 | 0.036                         |
| 03816  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted             | 31.5      | 1.0 fl oz               | 0.036                         |
| 11889  | Turnips, cooked, boiled, drained, with salt   | 156.0     | 1.0 cup, cubes          | 0.036                         |
| 11565  | Turnips, cooked, boiled, drained, without salt  | 156.0     | 1.0 cup, cubes          | 0.036                         |
| 09411  | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid             | 239.0     | 1.0 cup                 | 0.036                         |
| 09018  | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid           | 239.0     | 1.0 cup                 | 0.036                         |
| 16156  | Peanut butter, chunky, vitamin and mineral fortified  | 32.0      | 2.0 tbsp                | 0.036                         |
| 09174  | Loquats, raw  | 149.0     | 1.0 cup, cubed          | 0.036                         |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts   | 28.35     | 1.0 oz (approx 2/3 cup) | 0.036                         |
| 13868  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                  | 28.35     | 1.0 oz                  | 0.036                         |
| 28121  | KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped                                      | 21.0      | 1.0 package             | 0.036                         |
| 27002  | Soup, wonton, Chinese restaurant  | 223.0     | 1.0 cup                 | 0.036                         |
| 11286  | Onions, yellow, sauteed   | 87.0      | 1.0 cup chopped         | 0.036                         |
| 06048  | Soup, oyster stew, canned, condensed  | 123.0     | 0.5 cup (4 fl oz)       | 0.036                         |
| 36602  | Restaurant, Chinese, fried rice, without meat   | 137.0     | 1.0 cup                 | 0.036                         |
| 11109  | Cabbage, raw  | 89.0      | 1.0 cup, chopped        | 0.036                         |
| 05712  | Turkey, retail parts, wing, meat only, raw  | 28.0      | 3.0 oz                  | 0.036                         |
| 16397  | Peanut butter, chunk style, without salt  | 32.0      | 2.0 tbsp                | 0.036                         |
| 16097  | Peanut butter, chunk style, with salt   | 32.0      | 2.0 tbsp                | 0.036                         |
| 18103  | Coffeecake, cheese  | 28.35     | 1.0 oz                  | 0.035                         |
| 05686  | Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted                                     | 28.35     | 1.0 oz                  | 0.035                         |
| 18249  | Doughnuts, cake-type, plain, chocolate-coated or frosted  | 28.35     | 1.0 oz                  | 0.035                         |
| 18309  | Pie, cherry, prepared from recipe   | 28.35     | 1.0 oz                  | 0.035                         |
| 03824  | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted                        | 30.8      | 1.0 fl oz               | 0.035                         |
| 06114  | Gravy, au jus, canned   | 59.0      | 0.25 cup                | 0.035                         |
| 11104  | Burdock root, raw   | 118.0     | 1.0 cup (1" pieces)     | 0.035                         |
| 09413  | Pears, raw, red anjou   | 126.0     | 1.0 small               | 0.035                         |
| 11963  | Nopales, raw  | 86.0      | 1.0 cup, sliced         | 0.035                         |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip  | 43.0      | 1.0 bar (1.5 oz)        | 0.035                         |
| 18326  | Pie, pumpkin, commercially prepared   | 28.35     | 1.0 oz                  | 0.035                         |
| 09036  | Apricot nectar, canned, without added ascorbic acid   | 251.0     | 1.0 cup                 | 0.035                         |

| NDB_No | Description  | Weight(g) | Measure                         | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------------|-------------------------------|
| 09403  | Apricot nectar, canned, with added ascorbic acid   | 251.0     | 1.0 cup                         | 0.035                         |
| 14390  | Beverages, cocoa mix, with aspartame, powder, prepared with water  | 32.1      | 1.0 fl oz                       | 0.035                         |
| 31021  | Potatoes, hash brown, refrigerated, unprepared   | 159.0     | 1.0 cup unprepared              | 0.035                         |
| 09451  | Horned melon (Kiwano)  | 233.0     | 1.0 cup                         | 0.035                         |
| 12122  | Nuts, hazelnuts or filberts, dry roasted, without salt added   | 28.35     | 1.0 oz                          | 0.035                         |
| 12095  | Nuts, chestnuts, chinese, boiled and steamed   | 28.35     | 1.0 oz                          | 0.035                         |
| 09251  | Peach nectar, canned, without added ascorbic acid  | 249.0     | 1.0 cup                         | 0.035                         |
| 09103  | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids | 249.0     | 1.0 cup                         | 0.035                         |
| 09407  | Peach nectar, canned, with added ascorbic acid   | 249.0     | 1.0 cup                         | 0.035                         |
| 11486  | Squash, winter, butternut, cooked, baked, without salt   | 205.0     | 1.0 cup, cubes                  | 0.035                         |
| 19172  | Gelatin desserts, dry mix  | 85.0      | 1.0 package (3 oz)              | 0.035                         |
| 11866  | Squash, winter, butternut, cooked, baked, with salt  | 205.0     | 1.0 cup, cubes                  | 0.035                         |
| 28100  | KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter   | 29.0      | 3.0 cookies                     | 0.035                         |
| 11603  | Yambean (jicama), raw  | 120.0     | 1.0 cup slices                  | 0.035                         |
| 28032  | GIRL SCOUTS, Samoas Cookies  | 29.0      | 2.0 cookies                     | 0.035                         |
| 28289  | Cookie, vanilla with caramel, coconut, and chocolate coating   | 29.0      | 2.0 cookies                     | 0.035                         |
| 06175  | Sauce, hoisin, ready-to-serve  | 16.0      | 1.0 tbsp                        | 0.035                         |
| 07935  | Oven-roasted chicken breast roll   | 56.0      | 1.0 serving 2 oz                | 0.035                         |
| 16172  | Refried beans, canned, fat-free  | 231.0     | 1.0 cup                         | 0.035                         |
| 18206  | Cookies, sugar, refrigerated dough, baked  | 28.35     | 1.0 oz                          | 0.035                         |
| 16162  | MORI-NU, Tofu, silken, firm  | 84.0      | 1.0 slice                       | 0.034                         |
| 06958  | Gravy, instant beef, dry   | 6.7       | 1.0 serving                     | 0.034                         |
| 23582  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw                   | 28.35     | 1.0 oz                          | 0.034                         |
| 05344  | Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning                             | 28.35     | 1.0 oz                          | 0.034                         |
| 20409  | Noodles, egg, dry, unenriched  | 38.0      | 1.0 cup                         | 0.034                         |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw  | 55.0      | 1.0 cup, shredded or chopped    | 0.034                         |
| 18977  | KASHI, TLC, Toasted Asiago Crackers  | 31.0      | 15.0 crackers                   | 0.034                         |
| 28020  | KASHI, TLC, Pita Crisps, Zesty Salsa   | 31.0      | 11.0 crisps                     | 0.034                         |
| 15173  | Mollusks, scallop, mixed species, cooked, breaded and fried  | 31.0      | 2.0 large                       | 0.034                         |
| 11870  | Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt                                    | 155.0     | 1.0 cup                         | 0.034                         |
| 11493  | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt                                 | 155.0     | 1.0 cup                         | 0.034                         |
| 16424  | Soy sauce made from soy and wheat (shoyu), low sodium  | 14.2      | 1.0 tbsp                        | 0.034                         |
| 11028  | Bamboo shoots, canned, drained solids  | 131.0     | 1.0 cup (1/8" slices)           | 0.034                         |
| 42148  | Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies  | 46.0      | 1.0 serving 1.63 oz singles bag | 0.034                         |
| 14084  | Alcoholic beverage, wine, table, all   | 148.0     | 1.0 serving (5 fl oz)           | 0.034                         |
| 17270  | Veal, breast, separable fat, cooked  | 28.35     | 1.0 oz                          | 0.034                         |

| NDB_No | Description   | Weight(g) | Measure                 | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------|-------------------------------|
| 18168  | Cookies, chocolate sandwich, with extra creme filling                           | 28.35     | 1.0 oz                  | 0.034                         |
| 19412  | Snacks, potato chips, made from dried potatoes, cheese-flavor                   | 28.35     | 1.0 oz                  | 0.034                         |
| 15068  | Fish, pompano, florida, raw   | 28.35     | 1.0 oz, boneless        | 0.034                         |
| 23502  | USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked                 | 28.35     | 1.0 oz                  | 0.034                         |
| 15075  | Fish, sablefish, smoked   | 28.35     | 1.0 oz                  | 0.034                         |
| 25023  | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor            | 28.35     | 1.0 oz                  | 0.034                         |
| 23584  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 28.35     | 1.0 oz                  | 0.034                         |
| 11081  | Beets, cooked, boiled, drained  | 85.0      | 0.5 cup slices          | 0.034                         |
| 15157  | Mollusks, clam, mixed species, raw  | 85.0      | 3.0 oz                  | 0.034                         |
| 15135  | Fish, yellowtail, mixed species, raw  | 85.0      | 3.0 oz                  | 0.034                         |
| 15097  | Fish, sheepshead, raw   | 85.0      | 3.0 oz                  | 0.034                         |
| 11734  | Beets, cooked, boiled. drained, with salt                                       | 85.0      | 0.5 cup slices          | 0.034                         |
| 15139  | Crustaceans, crab, blue, raw  | 85.0      | 3.0 oz                  | 0.034                         |
| 15166  | Mollusks, octopus, common, raw  | 85.0      | 3.0 oz                  | 0.034                         |
| 15025  | Fish, eel, mixed species, raw   | 85.0      | 3.0 oz                  | 0.034                         |
| 03959  | Babyfood, mashed cheddar potatoes and broccoli, toddlers                        | 170.0     | 1.0 container           | 0.034                         |
| 21311  | McDONALD'S, Creamy Ranch Sauce  | 43.0      | 1.5 oz                  | 0.034                         |
| 18971  | Bread, potato   | 32.0      | 1.0 slice               | 0.034                         |
| 11850  | Radishes, oriental, cooked, boiled, drained, with salt                          | 147.0     | 1.0 cup slices          | 0.034                         |
| 11431  | Radishes, oriental, cooked, boiled, drained, without salt                       | 147.0     | 1.0 cup, sliced         | 0.034                         |
| 09447  | Plantains, yellow, fried, Latino restaurant                                     | 169.0     | 1.0 cup                 | 0.034                         |
| 28078  | KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies             | 26.0      | 3.0 cookies             | 0.034                         |
| 19042  | Snacks, potato chips, barbecue-flavor   | 28.35     | 1.0 oz                  | 0.034                         |
| 09181  | Melons, cantaloupe, raw   | 177.0     | 1.0 cup, balls          | 0.034                         |
| 15108  | Fish, sunfish, pumpkin seed, raw  | 48.0      | 1.0 fillet              | 0.034                         |
| 06183  | Soup, chicken broth, less/reduced sodium, ready to serve                        | 240.0     | 1.0 cup                 | 0.034                         |
| 19159  | Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar                                    | 60.0      | 1.0 serving 2.13 oz bar | 0.034                         |
| 28079  | KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies                                   | 28.0      | 2.0 cookies             | 0.034                         |
| 19027  | Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip          | 28.0      | 1.0 bar (1 oz)          | 0.034                         |
| 16167  | USDA Commodity, Peanut Butter, smooth   | 32.0      | 2.0 tbsp                | 0.034                         |
| 16161  | MORI-NU, Tofu, silken, soft   | 84.0      | 1.0 slice               | 0.034                         |
| 28117  | KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies                   | 21.0      | 1.0 package             | 0.034                         |
| 16155  | Peanut butter, smooth, vitamin and mineral fortified                            | 32.0      | 2.0 tbsp                | 0.034                         |
| 28315  | Bread, cinnamon   | 28.0      | 1.0 slice 1 serving     | 0.034                         |
| 09263  | Persimmons, japanese, raw   | 168.0     | 1.0 fruit (2-1/2" dia)  | 0.034                         |
| 03206  | Babyfood, cookie, baby, fruit   | 8.0       | 1.0 cookie              | 0.034                         |

| NDB_No | Description   | Weight(g) | Measure                 | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-------------------------|-------------------------------|
| 14239  | Alcoholic beverage, malt beer, hard lemonade  | 335.0     | 11.2 fl oz              | 0.034                         |
| 17209  | Lamb, variety meats and by-products, mechanically separated, raw                            | 28.35     | 1.0 oz                  | 0.033                         |
| 13898  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw     | 28.35     | 1.0 oz                  | 0.033                         |
| 13330  | Beef, variety meats and by-products, mechanically separated beef, raw                       | 28.35     | 1.0 oz                  | 0.033                         |
| 23583  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw              | 28.35     | 1.0 oz                  | 0.033                         |
| 12058  | Nuts, acorns, raw   | 28.35     | 1.0 oz                  | 0.033                         |
| 13147  | Beef, rib, shortribs, separable lean and fat, choice, raw                                   | 28.35     | 1.0 oz                  | 0.033                         |
| 09316  | Strawberries, raw   | 152.0     | 1.0 cup, halves         | 0.033                         |
| 28356  | GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme                                       | 44.0      | 3.0 cookies             | 0.033                         |
| 28332  | Cookies, gluten-free, chocolate sandwich, with creme filling                                | 44.0      | 3.0 cookies             | 0.033                         |
| 06152  | Sauce, pizza, canned, ready-to-serve  | 63.0      | 0.25 cup                | 0.033                         |
| 01017  | Cheese, cream   | 14.5      | 1.0 tbsp                | 0.033                         |
| 14651  | Beverages, fruit juice drink, greater than 3% juice, high vitamin C                         | 238.0     | 1.0 cup (8 fl oz)       | 0.033                         |
| 12663  | Seeds, pumpkin and squash seeds, whole, roasted, with salt added                            | 64.0      | 1.0 cup                 | 0.033                         |
| 12163  | Seeds, pumpkin and squash seeds, whole, roasted, without salt                               | 64.0      | 1.0 cup                 | 0.033                         |
| 11206  | Cucumber, peeled, raw   | 133.0     | 1.0 cup, pared, chopped | 0.033                         |
| 11126  | Carrots, canned, regular pack, solids and liquids   | 123.0     | 0.5 cup slices          | 0.033                         |
| 11758  | Carrots, canned, no salt added, solids and liquids  | 123.0     | 0.5 cup slices          | 0.033                         |
| 14648  | Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin | 237.0     | 8.0 fl oz               | 0.033                         |
| 20061  | Rice flour, white, unenriched   | 158.0     | 1.0 cup                 | 0.033                         |
| 07254  | Turkey bacon, unprepared  | 14.0      | 1.0 serving             | 0.033                         |
| 43098  | Pie fillings, cherry, low calorie   | 85.0      | 1.0 serving             | 0.033                         |
| 27061  | Gravy, HEINZ Home Style, classic chicken  | 58.0      | 0.25 cup                | 0.033                         |
| 21379  | McDONALD'S, Side Salad  | 87.0      | 1.0 item 3.1 oz         | 0.033                         |
| 11793  | Kohlrabi, cooked, boiled, drained, with salt  | 165.0     | 1.0 cup slices          | 0.033                         |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt   | 165.0     | 1.0 cup slices          | 0.033                         |
| 06615  | Soup, SWANSON, vegetable broth  | 220.0     | 1.0 cup                 | 0.033                         |
| 09301  | Rambutan, canned, syrup pack  | 150.0     | 1.0 cup, drained        | 0.033                         |
| 07033  | Ham and cheese spread   | 15.0      | 1.0 tbsp                | 0.033                         |
| 19415  | Snacks, potato sticks   | 28.35     | 1.0 oz                  | 0.033                         |
| 08090  | Cereals, corn grits, white, regular and quick, enriched, dry                                | 9.7       | 1.0 tbsp                | 0.033                         |
| 20453  | Rice, white, short-grain, cooked, unenriched  | 205.0     | 1.0 cup                 | 0.033                         |
| 11264  | Mushrooms, canned, drained solids   | 156.0     | 1.0 cup                 | 0.033                         |
| 28317  | Bread, wheat, sprouted, toasted   | 38.0      | 1.0 slice 1 serving     | 0.033                         |
| 18021  | Bread, boston brown, canned   | 28.35     | 1.0 oz                  | 0.033                         |
| 15127  | Fish, tuna, fresh, yellowfin, raw   | 28.35     | 1.0 oz, boneless        | 0.033                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 19437  | Snacks, potato chips, fat free, salted  | 28.35     | 1.0 oz   | 0.033                         |
| 06004  | Soup, bean with pork, canned, condensed   | 130.0     | 0.5 cup  | 0.032                         |
| 09408  | Pear nectar, canned, with added ascorbic acid   | 250.0     | 1.0 cup  | 0.032                         |
| 09262  | Pear nectar, canned, without added ascorbic acid  | 250.0     | 1.0 cup  | 0.032                         |
| 09003  | Apples, raw, with skin  | 125.0     | 1.0 cup, quartered or chopped                    | 0.032                         |
| 05015  | Chicken, broilers or fryers, skin only, raw   | 47.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.032                         |
| 05323  | Chicken patty, frozen, uncooked   | 60.0      | 1.0 patty  | 0.032                         |
| 11147  | Chard, swiss, raw   | 36.0      | 1.0 cup  | 0.032                         |
| 09326  | Watermelon, raw   | 154.0     | 1.0 cup, balls                                   | 0.032                         |
| 11136  | Cauliflower, cooked, boiled, drained, without salt  | 62.0      | 0.5 cup (1" pieces)                              | 0.032                         |
| 11761  | Cauliflower, cooked, boiled, drained, with salt   | 62.0      | 0.5 cup (1" pieces)                              | 0.032                         |
| 07973  | Turkey bacon, microwaved  | 8.1       | 1.0 slice  | 0.032                         |
| 07034  | Headcheese, pork  | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick)         | 0.032                         |
| 09414  | Pears, raw, bosc  | 140.0     | 1.0 cup, sliced                                  | 0.032                         |
| 20092  | Pasta, gluten-free, corn, cooked  | 140.0     | 1.0 cup  | 0.032                         |
| 05196  | Turkey, all classes, wing, meat and skin, cooked, roasted   | 24.0      | 1.0 unit (yield from 1 lb ready-to-cook turkey)  | 0.032                         |
| 11784  | Gourd, white-flowered (calabash), cooked, boiled, drained, with salt                                | 146.0     | 1.0 cup (1" cubes)                               | 0.032                         |
| 11219  | Gourd, white-flowered (calabash), cooked, boiled, drained, without salt                             | 146.0     | 1.0 cup (1" cubes)                               | 0.032                         |
| 16345  | Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water                             | 169.0     | 1.0 cup  | 0.032                         |
| 13881  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw          | 28.35     | 1.0 oz   | 0.032                         |
| 20510  | Noodles, egg, cooked, unenriched, with added salt   | 160.0     | 1.0 cup  | 0.032                         |
| 09089  | Figs, raw   | 64.0      | 1.0 large (2-1/2" dia)                           | 0.032                         |
| 12169  | Seeds, sesame butter, paste   | 16.0      | 1.0 tbsp   | 0.032                         |
| 20410  | Noodles, egg, unenriched, cooked, without added salt  | 160.0     | 1.0 cup  | 0.032                         |
| 11386  | Potatoes, scalloped, dry mix, unprepared  | 26.0      | 0.167 package (5.5 oz)                           | 0.032                         |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water                                      | 266.0     | 1.0 serving 1 cup                                | 0.032                         |
| 28086  | KEEBLER, FUDGE SHOPPE, Fudge Sticks   | 29.0      | 3.0 cookies                                      | 0.032                         |
| 23599  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw        | 28.35     | 1.0 oz   | 0.032                         |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat  | 127.0     | 1.0 fillet                                       | 0.032                         |
| 03946  | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA | 30.5      | 1.0 fl oz  | 0.032                         |
| 09154  | Lemon juice, frozen, unsweetened, single strength   | 244.0     | 1.0 cup  | 0.032                         |
| 06957  | Gravy, brown instant, dry   | 6.7       | 1.0 serving                                      | 0.032                         |
| 03282  | Babyfood, vegetables, mix vegetables junior   | 99.0      | 1.0 serving 3.5 oz serving                       | 0.032                         |
| 18227  | Crackers, rye, wafers, seasoned   | 14.2      | 0.5 oz   | 0.032                         |
| 09503  | Apples, raw, gala, with skin  | 109.0     | 1.0 cup, sliced                                  | 0.032                         |

| NDB_No | Description   | Weight(g) | Measure                                  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 11985  | Fireweed, leaves, raw   | 23.0      | 1.0 cup, chopped                         | 0.032                         |
| 42120  | Babyfood, mixed fruit juice with low fat yogurt                                       | 31.5      | 1.0 fl oz                                | 0.032                         |
| 06029  | CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed                             | 126.0     | 0.5 cup                                  | 0.032                         |
| 42119  | Babyfood, banana juice with low fat yogurt  | 31.5      | 1.0 fl oz                                | 0.032                         |
| 03139  | Babyfood, prunes, without vitamin c, strained   | 15.0      | 1.0 tbsp                                 | 0.032                         |
| 42196  | Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar                                    | 50.0      | 1.0 serving 1.76 oz bar                  | 0.032                         |
| 18966  | Crackers, saltines, whole wheat (includes multi-grain)                                | 14.0      | 1.0 serving                              | 0.032                         |
| 06126  | Gravy, turkey, dry  | 7.0       | 1.0 serving                              | 0.032                         |
| 11251  | Lettuce, cos or romaine, raw  | 47.0      | 1.0 cup shredded                         | 0.031                         |
| 23601  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw    | 28.35     | 1.0 oz                                   | 0.031                         |
| 23611  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw   | 28.35     | 1.0 oz                                   | 0.031                         |
| 15218  | Fish, sunfish, pumpkin seed, cooked, dry heat   | 37.0      | 1.0 fillet                               | 0.031                         |
| 11439  | Sauerkraut, canned, solids and liquids  | 142.0     | 1.0 cup                                  | 0.031                         |
| 28076  | KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate                             | 26.0      | 3.0 cookies                              | 0.031                         |
| 11842  | Potatoes, french fried, all types, salt not added in processing, frozen, as purchased | 65.0      | 10.0 strips                              | 0.031                         |
| 28077  | KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies                    | 26.0      | 3.0 cookies                              | 0.031                         |
| 10174  | Pork, fresh, variety meats and by-products, tail, raw                                 | 28.35     | 1.0 oz                                   | 0.031                         |
| 43572  | Popcorn, microwave, low fat and sodium  | 28.35     | 1.0 oz                                   | 0.031                         |
| 25001  | Snacks, popcorn, microwave, low fat   | 28.35     | 1.0 oz                                   | 0.031                         |
| 05285  | Turkey, diced, light and dark meat, seasoned  | 28.35     | 1.0 oz                                   | 0.031                         |
| 05169  | Turkey, skin from whole, (light and dark), raw  | 28.35     | 1.0 oz                                   | 0.031                         |
| 12121  | Nuts, hazelnuts or filberts, blanched   | 28.35     | 1.0 oz                                   | 0.031                         |
| 10100  | Pork, fresh, variety meats and by-products, ears, frozen, raw                         | 28.35     | 1.0 oz                                   | 0.031                         |
| 17158  | Game meat, boar, wild, raw  | 28.35     | 1.0 oz                                   | 0.031                         |
| 03944  | Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA    | 30.5      | 1.0 fl oz                                | 0.031                         |
| 28083  | KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies                                    | 31.0      | 2.0 cookies                              | 0.031                         |
| 28017  | KASHI, TLC, Pita Crisps, Sea Salt   | 31.0      | 11.0 crisps                              | 0.031                         |
| 03016  | Babyfood, meat, turkey, junior  | 19.0      | 1.0 tbsp                                 | 0.031                         |
| 09143  | Guava sauce, cooked   | 238.0     | 1.0 cup                                  | 0.031                         |
| 18196  | Cookies, brownies, dry mix, sugar free  | 28.35     | 1.0 oz                                   | 0.031                         |
| 07020  | Corned beef loaf, jellied   | 28.0      | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.031                         |
| 43297  | Pork, oriental style, dehydrated  | 22.0      | 1.0 cup                                  | 0.031                         |
| 09004  | Apples, raw, without skin   | 110.0     | 1.0 cup slices                           | 0.031                         |
| 27063  | Sauce, enchilada, red, mild, ready to serve   | 56.0      | 0.25 cup                                 | 0.031                         |
| 07201  | OSCAR MAYER, Bologna (beef)   | 28.0      | 1.0 serving (1 slice)                    | 0.031                         |
| 09415  | Pears, raw, green anjou   | 140.0     | 1.0 cup, sliced                          | 0.031                         |

| NDB_No | Description  | Weight(g) | Measure                     | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|-----------------------------|-------------------------------|
| 03855  | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed                             | 31.0      | 1.0 fl oz                   | 0.031                         |
| 23624  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw                 | 28.35     | 1.0 oz                      | 0.031                         |
| 23623  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw       | 28.35     | 1.0 oz                      | 0.031                         |
| 18334  | Pie crust, standard-type, frozen, ready-to-bake, enriched                                      | 18.0      | 1.0 piece (1/8 of 9" crust) | 0.031                         |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat  | 85.0      | 3.0 oz                      | 0.031                         |
| 23436  | Beef, New Zealand, imported, subcutaneous fat, raw   | 113.0     | 4.0 oz                      | 0.031                         |
| 03939  | Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed                                  | 30.4      | 1.0 fl oz                   | 0.030                         |
| 03936  | Infant formula, PBM PRODUCTS, store brand, ready-to-feed                                       | 30.4      | 1.0 fl oz                   | 0.030                         |
| 11359  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased | 82.0      | 10.0 strip                  | 0.030                         |
| 11209  | Eggplant, raw  | 82.0      | 1.0 cup, cubes              | 0.030                         |
| 18302  | Pie, apple, prepared from recipe   | 28.35     | 1.0 oz                      | 0.030                         |
| 17284  | Lamb, Australian, imported, fresh, separable fat, raw  | 28.35     | 1.0 oz                      | 0.030                         |
| 12643  | Nuts, pecans, dry roasted, with salt added   | 28.35     | 1.0 oz                      | 0.030                         |
| 23625  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw                | 28.35     | 1.0 oz                      | 0.030                         |
| 12143  | Nuts, pecans, dry roasted, without salt added  | 28.35     | 1.0 oz                      | 0.030                         |
| 06119  | Gravy, chicken, canned or bottled, ready-to-serve  | 57.0      | 0.25 cup                    | 0.030                         |
| 03949  | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed                   | 30.4      | 1.0 fl oz                   | 0.030                         |
| 03850  | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed                            | 30.4      | 1.0 fl oz                   | 0.030                         |
| 25056  | Snacks, granola bar, QUAKER, DIPPS, all flavors  | 31.0      | 1.0 bar                     | 0.030                         |
| 18319  | Pie, fried pies, fruit   | 28.35     | 1.0 oz                      | 0.030                         |
| 18445  | Pie, fried pies, lemon   | 28.35     | 1.0 oz                      | 0.030                         |
| 10102  | Pork, fresh, variety meats and by-products, feet, raw  | 28.35     | 1.0 oz                      | 0.030                         |
| 13068  | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw                        | 28.35     | 1.0 oz                      | 0.030                         |
| 18444  | Pie, fried pies, cherry  | 28.35     | 1.0 oz                      | 0.030                         |
| 28316  | Bread, wheat, sprouted   | 38.0      | 1.0 slice 1 serving         | 0.030                         |
| 20447  | Rice, white, long-grain, parboiled, unenriched, cooked   | 158.0     | 1.0 cup                     | 0.030                         |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked   | 158.0     | 1.0 cup                     | 0.030                         |
| 09522  | Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium                   | 200.0     | 6.75 fl oz                  | 0.030                         |
| 08491  | Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S   | 30.0      | 1.0 cup (1 NLEA serving)    | 0.030                         |
| 21416  | POPEYES, Coleslaw  | 120.0     | 1.0 package                 | 0.030                         |
| 19310  | Pectin, unsweetened, dry mix   | 50.0      | 1.0 package (1.75 oz)       | 0.030                         |
| 28081  | KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies  | 30.0      | 2.0 cookies                 | 0.030                         |
| 19138  | Candies, truffles, prepared-from-recipe  | 12.0      | 1.0 piece                   | 0.030                         |
| 12088  | Nuts, cashew butter, plain, without salt added   | 16.0      | 1.0 tbsp                    | 0.030                         |
| 03993  | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA        | 30.4      | 1.0 fl oz                   | 0.030                         |
| 18322  | Pie, mince, prepared from recipe   | 28.35     | 1.0 oz                      | 0.030                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 18082  | Bread stuffing, bread, dry mix, prepared   | 28.35     | 1.0 oz   | 0.030                         |
| 20053  | Rice, white, short-grain, enriched, cooked   | 186.0     | 1.0 cup  | 0.030                         |
| 20051  | Rice, white, medium-grain, enriched, cooked  | 186.0     | 1.0 cup  | 0.030                         |
| 11306  | Peas, green, canned, regular pack, solids and liquids  | 124.0     | 0.5 cup  | 0.030                         |
| 20451  | Rice, white, medium-grain, cooked, unenriched  | 186.0     | 1.0 cup  | 0.030                         |
| 20115  | Noodles, japanese, soba, cooked  | 114.0     | 1.0 cup  | 0.030                         |
| 11294  | Onions, sweet, raw   | 148.0     | 1.0 NLEA serving                                 | 0.030                         |
| 19349  | Syrups, corn, dark   | 328.0     | 1.0 cup  | 0.030                         |
| 14408  | Beverages, orange-flavor drink, breakfast type, powder, prepared with water                          | 33.9      | 1.0 fl oz  | 0.029                         |
| 18314  | Pie, coconut cream, prepared from mix, no-bake type  | 28.35     | 1.0 oz   | 0.029                         |
| 12101  | Nuts, chestnuts, european, boiled and steamed  | 28.35     | 1.0 oz   | 0.029                         |
| 11828  | Potatoes, baked, flesh and skin, with salt   | 61.0      | 0.5 cup  | 0.029                         |
| 11399  | Potato puffs, frozen, oven-heated  | 79.0      | 10.0 puffs                                       | 0.029                         |
| 19333  | Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water                            | 127.0     | 0.5 cup  | 0.029                         |
| 10942  | Pork, fresh, composite of separable fat, with added solution, raw                                    | 28.35     | 1.0 oz   | 0.029                         |
| 25036  | Snacks, granola bites, mixed flavors   | 20.0      | 1.0 package                                      | 0.029                         |
| 28362  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza                                     | 5.3       | 10.0 goldfish                                    | 0.029                         |
| 11152  | Chicory greens, raw  | 29.0      | 1.0 cup, chopped                                 | 0.029                         |
| 19078  | Baking chocolate, unsweetened, squares   | 29.0      | 1.0 oz square Bakers                             | 0.029                         |
| 11753  | Cabbage, savoy, cooked, boiled, drained, with salt   | 145.0     | 1.0 cup, shredded                                | 0.029                         |
| 11115  | Cabbage, savoy, cooked, boiled, drained, without salt  | 145.0     | 1.0 cup, shredded                                | 0.029                         |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water                               | 241.0     | 1.0 cup (8 fl oz)                                | 0.029                         |
| 12114  | Nuts, coconut meat, dried (desiccated), toasted  | 28.35     | 1.0 oz   | 0.029                         |
| 15153  | Crustaceans, shrimp, mixed species, imitation, made from surimi                                      | 85.0      | 3.0 oz   | 0.029                         |
| 23435  | Beef, New Zealand, imported, subcutaneous fat, cooked  | 85.0      | 3.0 oz   | 0.029                         |
| 03961  | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate | 31.4      | 1.0 fl oz  | 0.029                         |
| 28365  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza   | 5.1       | 10.0 goldfish                                    | 0.029                         |
| 11253  | Lettuce, green leaf, raw   | 36.0      | 1.0 cup shredded                                 | 0.029                         |
| 01178  | Sour cream, reduced fat  | 12.0      | 1.0 tablespoon                                   | 0.029                         |
| 05084  | Chicken, broilers or fryers, neck, meat and skin, raw  | 15.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.029                         |
| 15077  | Fish, salmon, chinook, smoked  | 28.35     | 1.0 oz, boneless                                 | 0.029                         |
| 03051  | Babyfood, dinner, spaghetti and tomato and meat, toddler   | 28.35     | 1.0 oz   | 0.029                         |
| 12177  | Nuts, coconut meat, dried (desiccated), creamed  | 28.35     | 1.0 oz   | 0.029                         |
| 15179  | Fish, salmon, chinook, smoked, (lox), regular  | 28.35     | 1.0 oz   | 0.029                         |
| 28097  | KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday   | 26.0      | 2.0 cookies                                      | 0.029                         |

| NDB_No | Description  | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--|-------------------------------|
| 16163  | MORI-NU, Tofu, silken, extra firm  | 84.0      | 1.0 slice  | 0.029                         |
| 06032  | Soup, beef broth bouillon and consomme, canned, condensed                              | 124.0     | 0.5 cup  | 0.029                         |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat  | 50.0      | 1.0 fillet                                       | 0.028                         |
| 11110  | Cabbage, cooked, boiled, drained, without salt   | 75.0      | 0.5 cup, shredded                                | 0.028                         |
| 11751  | Cabbage, common, cooked, boiled, drained, with salt                                    | 75.0      | 0.5 cup, shredded                                | 0.028                         |
| 05086  | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour                 | 11.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.028                         |
| 03298  | Babyfood, dinner, broccoli and chicken, junior   | 29.0      | 1.0 tbsp   | 0.028                         |
| 19812  | Snacks, pretzels, hard, plain, made with unenriched flour, salted                      | 28.35     | 1.0 oz   | 0.028                         |
| 16122  | Soy protein isolate  | 28.35     | 1.0 oz   | 0.028                         |
| 03304  | Babyfood, dinner, potatoes with cheese and ham, toddler                                | 28.35     | 1.0 oz   | 0.028                         |
| 12108  | Nuts, coconut meat, dried (desiccated), not sweetened                                  | 28.35     | 1.0 oz   | 0.028                         |
| 18430  | Danish pastry, cinnamon, unenriched  | 28.35     | 1.0 oz   | 0.028                         |
| 19813  | Snacks, pretzels, hard, plain, made with unenriched flour, unsalted                    | 28.35     | 1.0 oz   | 0.028                         |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor            | 28.35     | 1.0 oz   | 0.028                         |
| 19013  | Snacks, fruit leather, pieces  | 28.35     | 1.0 oz   | 0.028                         |
| 16422  | Soy protein isolate, potassium type  | 28.35     | 1.0 oz   | 0.028                         |
| 17170  | Game meat, horse, raw  | 28.35     | 1.0 oz   | 0.028                         |
| 19017  | Snacks, granola bars, hard, chocolate chip   | 28.35     | 1.0 oz   | 0.028                         |
| 09504  | Apples, raw, fuji, with skin   | 109.0     | 1.0 cup, sliced                                  | 0.028                         |
| 09501  | Apples, raw, golden delicious, with skin   | 109.0     | 1.0 cup, sliced                                  | 0.028                         |
| 11529  | Tomatoes, red, ripe, raw, year round average   | 149.0     | 1.0 cup cherry tomatoes                          | 0.028                         |
| 02028  | Spices, paprika  | 2.3       | 1.0 tsp  | 0.028                         |
| 42192  | Salad dressing, blue or roquefort cheese dressing, fat-free                            | 17.0      | 1.0 tbsp   | 0.028                         |
| 11935  | Catsup   | 17.0      | 1.0 tbsp   | 0.028                         |
| 16138  | Falafel, home-prepared   | 17.0      | 1.0 patty (approx 2-1/4" dia)                    | 0.028                         |
| 11949  | Catsup, low sodium   | 17.0      | 1.0 tbsp   | 0.028                         |
| 27051  | Sauce, cocktail, ready-to-serve  | 60.0      | 0.25 cup   | 0.028                         |
| 21343  | McDONALD'S, Low Fat Caramel Sauce  | 21.0      | 0.8 oz   | 0.028                         |
| 18110  | Cake, fruitcake, commercially prepared   | 28.35     | 1.0 oz   | 0.028                         |
| 33876  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed                  | 30.5      | 1.0 fl oz  | 0.028                         |
| 03803  | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed                        | 30.5      | 1.0 fl oz  | 0.028                         |
| 03960  | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed      | 30.5      | 1.0 fl oz  | 0.028                         |
| 03800  | Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed                   | 30.5      | 1.0 fl oz  | 0.028                         |
| 03986  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed                 | 30.5      | 1.0 fl oz  | 0.028                         |
| 03806  | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed                         | 30.5      | 1.0 fl oz  | 0.028                         |
| 03963  | Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder | 30.5      | 1.0 fl oz  | 0.028                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 03868  | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed                                     | 30.5      | 1.0 fl oz  | 0.028                         |
| 03968  | Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed | 29.2      | 1.0 fl oz  | 0.028                         |
| 08562  | Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry  | 40.0      | 1.0 packet (1 NLEA serving)                      | 0.028                         |
| 19064  | Candies, TOOTSIE ROLL, chocolate-flavor roll  | 40.0      | 1.0 serving 6 pieces                             | 0.028                         |
| 05311  | Chicken, canned, no broth   | 28.0      | 1.0 oz   | 0.028                         |
| 42161  | Bologna, beef, low fat  | 28.0      | 1.0 slice  | 0.028                         |
| 08561  | Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry                                     | 40.0      | 1.0 packet (1 NLEA serving)                      | 0.028                         |
| 11485  | Squash, winter, butternut, raw  | 140.0     | 1.0 cup, cubes                                   | 0.028                         |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS   | 28.0      | 1.0 cup (1 NLEA serving)                         | 0.028                         |
| 03988  | Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed                                     | 30.4      | 1.0 fl oz  | 0.028                         |
| 03989  | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed                                     | 30.4      | 1.0 fl oz  | 0.028                         |
| 03990  | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed                                   | 30.4      | 1.0 fl oz  | 0.028                         |
| 25035  | Snacks, granola bar, chewy, reduced sugar, all flavors  | 24.0      | 1.0 bar  | 0.028                         |
| 11957  | Fennel, bulb, raw   | 87.0      | 1.0 cup, sliced                                  | 0.028                         |
| 03900  | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed                           | 30.5      | 1.0 fl oz  | 0.028                         |
| 43274  | Cheese, cream, low fat  | 15.0      | 1.0 tbsp   | 0.028                         |
| 19202  | Puddings, vanilla, dry mix, instant   | 99.0      | 1.0 package (3.5 oz)                             | 0.028                         |
| 06056  | Soup, cream of shrimp, canned, condensed  | 126.0     | 0.5 cup  | 0.028                         |
| 21138  | Fast foods, potato, french fried in vegetable oil   | 71.0      | 1.0 serving small                                | 0.028                         |
| 09434  | Guanabana nectar, canned  | 251.0     | 1.0 cup  | 0.028                         |
| 06494  | Soup, onion, dry, mix, prepared with water  | 230.0     | 1.0 serving 1 cup                                | 0.028                         |
| 09296  | Quinces, raw  | 92.0      | 1.0 fruit without refuse                         | 0.028                         |
| 14251  | Alcoholic beverages, beer, higher alcohol   | 30.6      | 1.0 fl oz  | 0.028                         |
| 17267  | Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw                          | 28.35     | 1.0 oz   | 0.027                         |
| 18413  | Bread, pita, white, unenriched  | 28.35     | 1.0 oz   | 0.027                         |
| 19218  | Puddings, tapioca, ready-to-eat   | 28.35     | 1.0 oz   | 0.027                         |
| 07974  | Bacon, turkey, low sodium   | 15.0      | 1.0 serving                                      | 0.027                         |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes                                     | 16.0      | 1.0 serving                                      | 0.027                         |
| 16124  | Soy sauce made from soy (tamari)  | 18.0      | 1.0 tbsp   | 0.027                         |
| 28250  | SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix                                 | 21.0      | 1.0 pouch  | 0.027                         |
| 06955  | Soup, cream of chicken, canned, condensed, reduced sodium   | 124.0     | 0.5 cup  | 0.027                         |
| 05087  | Chicken, broilers or fryers, neck, meat and skin, cooked simmered                                   | 11.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.027                         |
| 09254  | Pears, canned, juice pack, solids and liquids   | 248.0     | 1.0 cup, halves                                  | 0.027                         |
| 09500  | Apples, raw, red delicious, with skin   | 109.0     | 1.0 cup, sliced                                  | 0.027                         |
| 11970  | Cabbage, napa, cooked   | 109.0     | 1.0 cup  | 0.027                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>           | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|--------------------------|---------------------------------------|
| 09502         | Apples, raw, granny smith, with skin  | 109.0            | 1.0 cup, sliced          | 0.027                                 |
| 17269         | Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw                    | 28.35            | 1.0 oz                   | 0.027                                 |
| 42284         | Babyfood, baked product, finger snacks cereal fortified   | 1.7              | 1.0 cookie               | 0.027                                 |
| 15145         | Crustaceans, crayfish, mixed species, wild, raw   | 85.0             | 3.0 oz                   | 0.027                                 |
| 15242         | Crustaceans, crayfish, mixed species, farmed, raw   | 85.0             | 3.0 oz                   | 0.027                                 |
| 11241         | Kohlrabi, raw   | 135.0            | 1.0 cup                  | 0.027                                 |
| 18994         | BEAR NAKED, Fruit & Nut Cookies   | 30.0             | 1.0 cookie               | 0.027                                 |
| 18417         | Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched                      | 28.35            | 1.0 oz                   | 0.027                                 |
| 19101         | Candies, fudge, chocolate, with nuts, prepared-from-recipe                                      | 28.35            | 1.0 oz                   | 0.027                                 |
| 05698         | Turkey, skin from whole (light and dark), with added solution, raw                              | 28.35            | 1.0 oz                   | 0.027                                 |
| 18283         | Muffins, oat bran   | 28.35            | 1.0 oz                   | 0.027                                 |
| 06456         | Soup, cream of shrimp, canned, prepared with equal volume water                                 | 244.0            | 1.0 cup                  | 0.027                                 |
| 14194         | Beverages, Cocoa mix, powder, prepared with water   | 34.3             | 1.0 fl oz                | 0.027                                 |
| 28331         | Crackers, flavored, fish-shaped   | 5.2              | 10.0 goldfish            | 0.027                                 |
| 11246         | Leeks, (bulb and lower leaf-portion), raw   | 89.0             | 1.0 cup                  | 0.027                                 |
| 10862         | Pork, cured, bacon, pre-sliced, cooked, pan-fried   | 11.5             | 1.0 slice                | 0.027                                 |
| 11864         | Squash, winter, acorn, cooked, baked, with salt   | 205.0            | 1.0 cup, cubes           | 0.027                                 |
| 11483         | Squash, winter, acorn, cooked, baked, without salt  | 205.0            | 1.0 cup, cubes           | 0.027                                 |
| 17156         | Game meat, bison, separable lean only, raw  | 28.35            | 1.0 oz                   | 0.027                                 |
| 08388         | Cereals ready-to-eat, KASHI 7 Whole Grain Puffs   | 19.0             | 1.0 cup (1 NLEA serving) | 0.027                                 |
| 20048         | Rice, white, long-grain, precooked or instant, enriched, dry                                    | 95.0             | 1.0 cup                  | 0.027                                 |
| 07011         | Bologna, turkey   | 28.0             | 0.99 oz 1 serving        | 0.027                                 |
| 09517         | Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium   | 177.0            | 6.0 fl oz                | 0.027                                 |
| 19040         | Snacks, popcorn, cheese-flavor  | 11.0             | 1.0 cup                  | 0.027                                 |
| 16123         | Soy sauce made from soy and wheat (shoyu)   | 16.0             | 1.0 tbsp                 | 0.026                                 |
| 13850         | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35            | 1.0 oz                   | 0.026                                 |
| 28363         | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original                                       | 5.2              | 10.0 goldfish            | 0.026                                 |
| 06999         | Gravy, CAMPBELL'S, chicken  | 56.0             | 0.25 cup                 | 0.026                                 |
| 21238         | McDONALD'S, french fries  | 71.0             | 1.0 small serving        | 0.026                                 |
| 11905         | Corn, sweet, white, canned, whole kernel, drained solids  | 164.0            | 1.0 cup                  | 0.026                                 |
| 18433         | Danish pastry, lemon, unenriched  | 28.35            | 1.0 oz                   | 0.026                                 |
| 18431         | Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)                 | 28.35            | 1.0 oz                   | 0.026                                 |
| 18085         | Bread stuffing, cornbread, dry mix, prepared  | 28.35            | 1.0 oz                   | 0.026                                 |
| 18435         | Danish pastry, raspberry, unenriched  | 28.35            | 1.0 oz                   | 0.026                                 |
| 12540         | Seeds, sunflower seed butter, with salt added   | 16.0             | 1.0 tbsp                 | 0.026                                 |
| 12040         | Seeds, sunflower seed butter, without salt  | 16.0             | 1.0 tbsp                 | 0.026                                 |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 09096  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 237.0     | 1.0 cup  | 0.026                         |
| 05102  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour                                      | 19.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.026                         |
| 43364  | Snacks, tortilla chips, unsalted, white corn  | 26.0      | 1.0 cup  | 0.026                         |
| 11518  | Taro, raw   | 104.0     | 1.0 cup, sliced                                  | 0.026                         |
| 10098  | Pork, fresh, variety meats and by-products, chitterlings, raw   | 28.35     | 1.0 oz   | 0.026                         |
| 10167  | Pork, cured, separable fat (from ham and arm picnic), roasted   | 28.35     | 1.0 oz   | 0.026                         |
| 11287  | Onions, frozen, chopped, unprepared   | 95.0      | 0.33 package (10 oz)                             | 0.026                         |
| 10998  | Canadian bacon, cooked, pan-fried   | 13.8      | 1.0 slice  | 0.026                         |
| 19324  | Puddings, coconut cream, dry mix, regular   | 88.0      | 1.0 package (3.12 oz)                            | 0.026                         |
| 12127  | Nuts, ginkgo nuts, raw  | 28.35     | 1.0 oz   | 0.026                         |
| 15106  | Fish, sturgeon, mixed species, smoked   | 28.35     | 1.0 oz   | 0.026                         |
| 12096  | Nuts, chestnuts, chinese, roasted   | 28.35     | 1.0 oz   | 0.026                         |
| 17268  | Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw                                       | 28.35     | 1.0 oz   | 0.026                         |
| 19420  | Snacks, granola bars, hard, peanut butter   | 28.35     | 1.0 oz   | 0.026                         |
| 10006  | Pork, fresh, separable fat, raw   | 28.35     | 1.0 oz   | 0.026                         |
| 17152  | Game meat, beefalo, composite of cuts, raw  | 28.35     | 1.0 oz   | 0.026                         |
| 13065  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw                                  | 28.35     | 1.0 oz   | 0.026                         |
| 44048  | Cheese food, pasteurized process, American, imitation, without added vitamin D                              | 28.35     | 1.0 oz   | 0.026                         |
| 08589  | Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble  | 51.0      | 0.75 cup (1 NLEA serving)                        | 0.026                         |
| 11354  | Potatoes, white, flesh and skin, raw  | 75.0      | 0.5 cup, diced                                   | 0.026                         |
| 15036  | Fish, halibut, Atlantic and Pacific, raw  | 85.0      | 3.0 oz   | 0.026                         |
| 15004  | Fish, bass, striped, raw  | 85.0      | 3.0 oz   | 0.026                         |
| 12588  | Nuts, cashew butter, plain, with salt added   | 16.0      | 1.0 tbsp   | 0.025                         |
| 02009  | Spices, chili powder  | 2.7       | 1.0 tsp  | 0.025                         |
| 03043  | Babyfood, dinner, beef lasagna, toddler   | 28.35     | 1.0 oz   | 0.025                         |
| 06189  | Sauce, teriyaki, ready-to-serve, reduced sodium   | 36.0      | 2.0 Tbsp   | 0.025                         |
| 18992  | KELLOGG'S, BEANATURAL, Original 3-Bean Chips  | 28.0      | 12.0 chips                                       | 0.025                         |
| 06023  | Soup, chicken with rice, canned, condensed  | 126.0     | 0.5 cup  | 0.025                         |
| 19129  | Syrups, table blends, pancake   | 314.0     | 1.0 cup  | 0.025                         |
| 14035  | Beverages, ABBOTT, EAS soy protein powder   | 44.0      | 1.0 scoop  | 0.025                         |
| 08697  | Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD  | 50.0      | 0.75 Cup (1 NLEA serving)                        | 0.025                         |
| 19015  | Snacks, granola bars, hard, plain   | 21.0      | 1.0 bar  | 0.025                         |
| 19117  | Candies, halavah, plain   | 28.35     | 1.0 oz   | 0.025                         |
| 19083  | Candies, sweet chocolate coated fondant   | 43.0      | 1.0 patty, large                                 | 0.025                         |
| 27067  | Sauce, OLD EL PASO, enchilada, red, mild, ready to serve  | 58.0      | 0.25 cup   | 0.025                         |

| NDB_No | Description  | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---|-------------------------------|
| 19916  | Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup                                    | 35.0      | 2.0 tbsp  | 0.025                         |
| 28224  | MURRAY, SUGAR FREE, Fudge Dipped Wafers  | 31.0      | 4.0 cookies   | 0.025                         |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt  | 124.0     | 1.0 leek  | 0.025                         |
| 20421  | Pasta, cooked, unenriched, without added salt  | 124.0     | 1.0 cup spaghetti not packed                        | 0.025                         |
| 20521  | Pasta, cooked, unenriched, with added salt   | 124.0     | 1.0 cup spaghetti not packed                        | 0.025                         |
| 11795  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt   | 124.0     | 1.0 leek  | 0.025                         |
| 15030  | Fish, gefiltefish, commercial, sweet recipe  | 42.0      | 1.0 piece   | 0.025                         |
| 01200  | Reddi Wip Fat Free Whipped Topping   | 4.0       | 1.0 tablespoon                                      | 0.025                         |
| 11416  | Pumpkin flowers, raw   | 33.0      | 1.0 cup   | 0.025                         |
| 11353  | Potatoes, russet, flesh and skin, raw  | 75.0      | 0.5 cup, diced                                      | 0.025                         |
| 43366  | Turkey, wing, smoked, cooked, with skin, bone removed  | 19.0      | 1.0 oz with bone, cooked (yield after bone removed) | 0.025                         |
| 09101  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids | 130.0     | 0.5 cup   | 0.025                         |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat   | 145.0     | 1.0 cup   | 0.025                         |
| 19411  | Snacks, potato chips, plain, salted  | 28.0      | 1.0 oz  | 0.025                         |
| 01239  | Ice cream cookie sandwich  | 82.0      | 1.0 serving   | 0.025                         |
| 06045  | Soup, onion, canned, condensed   | 123.0     | 0.5 cup (4 fl oz)                                   | 0.025                         |
| 10895  | Pork, cured, ham, separable fat, boneless, unheated  | 117.0     | 4.0 oz  | 0.025                         |
| 28364  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan  | 5.3       | 10.0 goldfish                                       | 0.025                         |
| 14218  | Beverages, coffee, instant, decaffeinated, powder  | 1.8       | 1.0 tsp rounded                                     | 0.024                         |
| 03015  | Babyfood, meat, turkey, strained   | 15.0      | 1.0 tbsp  | 0.024                         |
| 03013  | Babyfood, meat, chicken, junior  | 15.0      | 1.0 tbsp  | 0.024                         |
| 21249  | BURGER KING, french fries  | 74.0      | 1.0 small serving                                   | 0.024                         |
| 09253  | Pears, canned, water pack, solids and liquids  | 244.0     | 1.0 cup, halves                                     | 0.024                         |
| 16130  | Okara  | 122.0     | 1.0 cup   | 0.024                         |
| 11403  | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated                    | 76.0      | 10.0 fries  | 0.024                         |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water  | 243.0     | 1.0 serving 1 cup                                   | 0.024                         |
| 06481  | Soup, chicken broth cubes, dry, prepared with water  | 243.0     | 1.0 cup (8 fl oz)                                   | 0.024                         |
| 01267  | Cheese, mexican, queso cotija  | 5.0       | 2.0 tsp   | 0.024                         |
| 14350  | Strawberry-flavor beverage mix, powder   | 22.0      | 1.0 serving (2-3 heaping tsp)                       | 0.024                         |
| 19104  | Candies, fudge, vanilla with nuts  | 28.35     | 1.0 oz  | 0.024                         |
| 25063  | Snacks, potato chips, made from dried potatoes (preformed), multigrain   | 28.35     | 1.0 oz  | 0.024                         |
| 07945  | Frankfurter, beef, heated  | 48.0      | 1.0 frankfurter                                     | 0.024                         |
| 28187  | KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt  | 30.0      | 30.0 chips  | 0.024                         |
| 11352  | Potatoes, flesh and skin, raw  | 75.0      | 0.5 cup, diced                                      | 0.024                         |
| 18974  | KASHI, TLC, Honey Sesame Crackers  | 30.0      | 15.0 cracker  | 0.024                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 28189  | KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch  | 30.0      | 27.0 chips                | 0.024                         |
| 28186  | KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar  | 30.0      | 27.0 chips                | 0.024                         |
| 28041  | KASHI, TLC, Oatmeal Raisin Flax Cookies   | 30.0      | 1.0 cookie                | 0.024                         |
| 21421  | KFC, Crispy Chicken Strips  | 47.0      | 1.0 strip                 | 0.024                         |
| 15121  | Fish, tuna, light, canned in water, drained solids  | 28.35     | 1.0 oz                    | 0.024                         |
| 13931  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw          | 28.35     | 1.0 oz                    | 0.024                         |
| 43078  | Beverage, milkshake mix, dry, not chocolate   | 7.0       | 1.0 tbsp                  | 0.024                         |
| 42283  | Snacks, potato chips, white, restructured, baked  | 34.0      | 1.0 cup                   | 0.024                         |
| 16335  | Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water               | 158.0     | 1.0 cup cup rinsed solids | 0.024                         |
| 11130  | Carrots, frozen, unprepared   | 64.0      | 0.5 cup slices            | 0.024                         |
| 19106  | Candies, gumdrops, starch jelly pieces  | 182.0     | 1.0 cup gumdrops          | 0.024                         |
| 21314  | McDONALD'S, Spicy Buffalo Sauce   | 43.0      | 1.5 oz                    | 0.024                         |
| 21347  | McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing   | 59.0      | 2.0 fl oz                 | 0.024                         |
| 03137  | Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior                         | 28.35     | 1.0 oz                    | 0.024                         |
| 11376  | Potatoes, canned, drained solids  | 180.0     | 1.0 cup                   | 0.023                         |
| 06118  | Gravy, brown, dry   | 6.0       | 1.0 tbsp                  | 0.023                         |
| 20041  | Rice, brown, medium-grain, cooked   | 195.0     | 1.0 cup                   | 0.023                         |
| 10861  | Pork, cured, bacon, cooked, microwaved  | 9.1       | 1.0 slice cooked          | 0.023                         |
| 11355  | Potatoes, red, flesh and skin, raw  | 75.0      | 0.5 cup, diced            | 0.023                         |
| 19301  | Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe                        | 28.35     | 1.0 oz                    | 0.023                         |
| 11430  | Radishes, oriental, raw   | 116.0     | 1.0 cup slices            | 0.023                         |
| 03008  | Babyfood, meat, ham, strained   | 15.0      | 1.0 tbsp                  | 0.023                         |
| 08351  | Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal                         | 33.0      | 1.0 cup (1 NLEA serving)  | 0.023                         |
| 08387  | Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat                               | 33.0      | 0.75 cup (1 NLEA serving) | 0.023                         |
| 11669  | Seaweed, wakame, raw  | 10.0      | 2.0 tbsp (1/8 cup)        | 0.023                         |
| 13853  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35     | 1.0 oz                    | 0.023                         |
| 11841  | Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated        | 74.0      | 10.0 strip                | 0.023                         |
| 27059  | Sauce, peanut, made from peanut butter, water, soy sauce                                    | 18.0      | 1.0 tbsp                  | 0.023                         |
| 11289  | Onions, frozen, whole, unprepared   | 95.0      | 0.33 package (10 oz)      | 0.023                         |
| 19336  | Sugars, powdered  | 120.0     | 1.0 cup unsifted          | 0.023                         |
| 03012  | Babyfood, meat, chicken, strained   | 15.0      | 1.0 tbsp                  | 0.023                         |
| 15055  | Fish, mullet, striped, raw  | 28.35     | 1.0 oz                    | 0.023                         |
| 42272  | Snacks, granola bar, with coconut, chocolate coated   | 28.35     | 1.0 oz                    | 0.023                         |
| 10123  | Pork, cured, bacon, unprepared  | 28.0      | 1.0 slice raw             | 0.023                         |
| 05714  | Turkey, skin, from retail parts, from dark meat, raw  | 28.35     | 1.0 oz                    | 0.023                         |
| 17092  | Veal, composite of trimmed retail cuts, separable fat, raw                                  | 28.35     | 1.0 oz                    | 0.023                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 18313  | Pie, coconut creme, commercially prepared   | 28.35     | 1.0 oz   | 0.023                         |
| 09015  | Apples, frozen, unsweetened, heated   | 206.0     | 1.0 cup slices                                   | 0.023                         |
| 19806  | Snacks, popcorn, air-popped (Unsalted)  | 8.0       | 1.0 cup  | 0.023                         |
| 20055  | Rice, white, glutinous, unenriched, cooked  | 174.0     | 1.0 cup  | 0.023                         |
| 03154  | Babyfood, fruit and vegetable, apple and sweet potato                                 | 113.0     | 1.0 jar, Gerber (4 oz)                           | 0.023                         |
| 11177  | Corn, sweet, yellow, canned, drained solids, rinsed with tap water                    | 150.0     | 1.0 cup drained, rinsed                          | 0.022                         |
| 28033  | GIRL SCOUTS, Tagalongs Cookies  | 25.0      | 2.0 cookies                                      | 0.022                         |
| 28290  | Cookie, with peanut butter filling, chocolate-coated                                  | 25.0      | 2.0 cookies                                      | 0.022                         |
| 11860  | Squash, summer, scallop, cooked, boiled, drained, with salt                           | 90.0      | 0.5 cup slices                                   | 0.022                         |
| 14209  | Beverages, coffee, brewed, prepared with tap water                                    | 29.6      | 1.0 fl oz  | 0.022                         |
| 43031  | Candies, chocolate covered, caramel with nuts   | 14.0      | 1.0 piece  | 0.022                         |
| 27053  | Dip, OLD EL PASO, Cheese 'n Salsa, medium   | 32.0      | 2.0 tbsp   | 0.022                         |
| 03046  | Babyfood, ravioli, cheese filled, with tomato sauce                                   | 16.0      | 1.0 tbsp   | 0.022                         |
| 01055  | Cream, sour, reduced fat, cultured  | 15.0      | 1.0 tbsp   | 0.022                         |
| 06176  | Sauce, oyster, ready-to-serve   | 18.0      | 1.0 tbsp   | 0.022                         |
| 05089  | Chicken, broilers or fryers, neck, meat only, cooked, fried                           | 7.0       | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.022                         |
| 06159  | Soup, tomato, canned, condensed   | 148.0     | 1.0 cup  | 0.022                         |
| 28334  | Cookies, gluten-free, lemon wafer   | 30.0      | 3.0 cookies                                      | 0.022                         |
| 09433  | Clementines, raw  | 74.0      | 1.0 fruit  | 0.022                         |
| 28358  | GLUTINO, Gluten Free Wafers, Lemon Flavored   | 30.0      | 3.0 cookies                                      | 0.022                         |
| 19860  | Cocoa, dry powder, hi-fat or breakfast, processed with alkali                         | 6.0       | 1.0 tablespoon Ghirardelli label 2011            | 0.022                         |
| 18324  | Pie, pecan, commercially prepared   | 28.35     | 1.0 oz   | 0.022                         |
| 19904  | Chocolate, dark, 70-85% cacao solids  | 28.35     | 1.0 oz   | 0.022                         |
| 06971  | Sauce, worcestershire   | 17.0      | 1.0 tbsp   | 0.022                         |
| 09077  | Crabapples, raw   | 110.0     | 1.0 cup slices                                   | 0.022                         |
| 09078  | Cranberries, raw  | 110.0     | 1.0 cup, chopped                                 | 0.022                         |
| 08463  | Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS                        | 55.0      | 1.0 cup (1 NLEA serving)                         | 0.022                         |
| 06338  | CAMPBELL'S, Cream of Mushroom Soup, condensed   | 129.0     | 0.5 cup condensed                                | 0.022                         |
| 19003  | Snacks, corn-based, extruded, chips, plain  | 28.0      | 1.0 oz   | 0.022                         |
| 03201  | Babyfood, cereal, egg yolks and bacon, junior   | 28.35     | 1.0 oz   | 0.022                         |
| 19409  | Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 | 33.0      | 2.0 tablespoon                                   | 0.022                         |
| 07081  | Turkey breast, sliced, prepackaged  | 15.0      | 1.0 slice  | 0.022                         |
| 16150  | Peanut butter, smooth, reduced fat  | 36.0      | 2.0 tablespoon                                   | 0.022                         |
| 11861  | Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt           | 90.0      | 0.5 cup slices                                   | 0.022                         |
| 28309  | Cookies, coconut macaroon   | 36.0      | 2.0 cookie 1 serving                             | 0.022                         |
| 11257  | Lettuce, red leaf, raw  | 28.0      | 1.0 cup shredded                                 | 0.022                         |

| NDB_No | Description   | Weight(g) | Measure                                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 03089  | Babyfood, dinner, macaroni and cheese, strained   | 28.35     | 1.0 oz                                    | 0.022                         |
| 07022  | Frankfurter, beef, unheated   | 50.0      | 1.0 frankfurter                           | 0.022                         |
| 11522  | Taro shoots, raw  | 43.0      | 0.5 cup slices                            | 0.022                         |
| 11360  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated | 69.0      | 10.0 strip                                | 0.021                         |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting                                      | 28.35     | 1.0 oz                                    | 0.021                         |
| 22971  | Potato salad with egg   | 125.0     | 0.5 cup                                   | 0.021                         |
| 23640  | Beef, variety meats and by-products, tripe, cooked, simmered                                  | 85.0      | 1.0 serving                               | 0.021                         |
| 08102  | Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry                                      | 10.6      | 1.0 tbsp                                  | 0.021                         |
| 09060  | Carambola, (starfruit), raw   | 132.0     | 1.0 cup, cubes                            | 0.021                         |
| 43378  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium                     | 8.0       | 1.0 slice cooked                          | 0.021                         |
| 15147  | Crustaceans, lobster, northern, raw   | 150.0     | 1.0 lobster                               | 0.021                         |
| 11114  | Cabbage, savoy, raw   | 70.0      | 1.0 cup, shredded                         | 0.021                         |
| 28039  | KASHI, TLC, Happy Trail Mix Cookies   | 30.0      | 1.0 cookie                                | 0.021                         |
| 19274  | Snacks, fruit leather, pieces, with vitamin C   | 21.0      | 1.0 serving                               | 0.021                         |
| 19124  | Baking chocolate, mexican, squares  | 20.0      | 1.0 tablet                                | 0.021                         |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe   | 28.35     | 1.0 oz                                    | 0.021                         |
| 18105  | Coffeecake, creme-filled with chocolate frosting  | 28.35     | 1.0 oz                                    | 0.021                         |
| 19120  | Candies, milk chocolate   | 7.0       | 1.0 bar, miniature                        | 0.021                         |
| 11233  | Kale, raw   | 16.0      | 1.0 cup 1" pieces, loosely packed         | 0.021                         |
| 28084  | KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups  | 8.0       | 1.0 cup                                   | 0.021                         |
| 43046  | Candies, nougat, with almonds   | 14.0      | 1.0 piece                                 | 0.021                         |
| 18449  | Tortillas, ready-to-bake or -fry, corn, without added salt                                    | 28.35     | 1.0 oz                                    | 0.021                         |
| 19216  | Candies, praline, prepared-from-recipe  | 39.0      | 1.0 piece                                 | 0.021                         |
| 18216  | Crackers, crispbread, rye   | 14.2      | 0.5 oz                                    | 0.021                         |
| 06094  | Soup, onion, dry, mix   | 7.5       | 1.0 serving 1 tbsp                        | 0.021                         |
| 20345  | Rice, white, long-grain, regular, cooked, enriched, with salt                                 | 158.0     | 1.0 cup                                   | 0.021                         |
| 20445  | Rice, white, long-grain, regular, unenriched, cooked without salt                             | 158.0     | 1.0 cup                                   | 0.021                         |
| 20045  | Rice, white, long-grain, regular, enriched, cooked  | 158.0     | 1.0 cup                                   | 0.021                         |
| 20545  | Rice, white, long-grain, regular, cooked, unenriched, with salt                               | 158.0     | 1.0 cup                                   | 0.021                         |
| 09005  | Apples, raw, without skin, cooked, boiled   | 171.0     | 1.0 cup slices                            | 0.021                         |
| 19183  | Puddings, chocolate, ready-to-eat   | 28.35     | 1.0 oz                                    | 0.020                         |
| 19708  | Puddings, lemon, dry mix, regular, with added oil, potassium, sodium                          | 85.0      | 1.0 package (3 oz)                        | 0.020                         |
| 09007  | Apples, canned, sweetened, sliced, drained, unheated  | 204.0     | 1.0 cup slices                            | 0.020                         |
| 15151  | Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)      | 85.0      | 3.0 oz                                    | 0.020                         |
| 09008  | Apples, canned, sweetened, sliced, drained, heated  | 204.0     | 1.0 cup slices                            | 0.020                         |
| 09184  | Melons, honeydew, raw   | 170.0     | 1.0 cup, diced (approx 20 pieces per cup) | 0.020                         |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>               | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|------------------------------|---------------------------------------|
| 19332         | Puddings, lemon, dry mix, regular  | 85.0             | 1.0 package (3 oz)           | 0.020                                 |
| 90240         | Mollusks, scallop, (bay and sea), cooked, steamed                            | 85.0             | 3.0 oz                       | 0.020                                 |
| 10860         | Pork, cured, bacon, cooked, baked  | 8.1              | 1.0 slice cooked             | 0.020                                 |
| 11927         | Mountain yam, hawaii, cooked, steamed, with salt                             | 145.0            | 1.0 cup, cubes               | 0.020                                 |
| 11259         | Mountain yam, hawaii, cooked, steamed, without salt                          | 145.0            | 1.0 cup, cubes               | 0.020                                 |
| 01056         | Cream, sour, cultured  | 12.0             | 1.0 tbsp                     | 0.020                                 |
| 06043         | Soup, cream of mushroom, canned, condensed                                   | 126.0            | 0.5 cup                      | 0.020                                 |
| 09449         | Nance, frozen, unsweetened   | 112.0            | 1.0 cup without pits, thawed | 0.020                                 |
| 11408         | Potatoes, frozen, french fried, par fried, extruded, unprepared              | 65.0             | 10.0 strips                  | 0.020                                 |
| 19201         | Puddings, vanilla, ready-to-eat  | 28.35            | 1.0 oz                       | 0.020                                 |
| 18421         | Cookies, butter, commercially prepared, unenriched                           | 28.35            | 1.0 oz                       | 0.020                                 |
| 07073         | Sandwich spread, pork, beef  | 15.0             | 1.0 tbsp                     | 0.020                                 |
| 05353         | USDA Commodity, chicken fajita strips, frozen                                | 9.4              | 1.0 strip                    | 0.020                                 |
| 19859         | Cocoa, dry powder, hi-fat or breakfast, plain                                | 5.4              | 1.0 tbsp                     | 0.020                                 |
| 11947         | Pickles, cucumber, dill, reduced sodium                                      | 35.0             | 1.0 spear, small             | 0.020                                 |
| 11937         | Pickles, cucumber, dill or kosher dill                                       | 35.0             | 1.0 spear, small             | 0.020                                 |
| 19056         | Snacks, tortilla chips, plain, white corn, salted                            | 28.35            | 1.0 oz                       | 0.020                                 |
| 03296         | Babyfood, dinner, turkey, rice, and vegetables, toddler                      | 28.35            | 1.0 oz                       | 0.020                                 |
| 18251         | Doughnuts, cake-type, chocolate, sugared or glazed                           | 28.35            | 1.0 oz                       | 0.020                                 |
| 19039         | Snacks, popcorn, caramel-coated, without peanuts                             | 28.35            | 1.0 oz                       | 0.020                                 |
| 19016         | Snacks, granola bars, hard, almond   | 28.35            | 1.0 oz                       | 0.020                                 |
| 35232         | Wocas, dried seeds, Oregon, yellow pond lily (Klamath)                       | 28.35            | 1.0 oz                       | 0.020                                 |
| 03002         | Babyfood, meat, beef, strained   | 14.7             | 1.0 tbsp                     | 0.020                                 |
| 06443         | Soup, cream of mushroom, canned, prepared with equal volume water            | 248.0            | 1.0 serving 1 cup            | 0.020                                 |
| 07043         | Roast beef, deli style, prepackaged, sliced                                  | 9.3              | 1.0 slice oval               | 0.020                                 |
| 20058         | Rice, white, steamed, Chinese restaurant                                     | 132.0            | 1.0 cup, loosely packed      | 0.020                                 |
| 11783         | Eggplant, cooked, boiled, drained, with salt                                 | 99.0             | 1.0 cup (1" cubes)           | 0.020                                 |
| 11210         | Eggplant, cooked, boiled, drained, without salt                              | 99.0             | 1.0 cup (1" cubes)           | 0.020                                 |
| 03014         | Babyfood, meat, chicken sticks, junior                                       | 10.0             | 1.0 stick                    | 0.020                                 |
| 16125         | Soy sauce made from hydrolyzed vegetable protein                             | 18.0             | 1.0 tbsp                     | 0.020                                 |
| 19410         | Snack, potato chips, made from dried potatoes, plain                         | 28.0             | 1.0 oz                       | 0.020                                 |
| 11865         | Squash, winter, acorn, cooked, boiled, mashed, with salt                     | 245.0            | 1.0 cup, mashed              | 0.020                                 |
| 11484         | Squash, winter, acorn, cooked, boiled, mashed, without salt                  | 245.0            | 1.0 cup, mashed              | 0.020                                 |
| 43260         | Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted | 5.6              | 1.0 tbsp                     | 0.020                                 |
| 03283         | Babyfood, vegetables, garden vegetable, strained                             | 28.35            | 1.0 oz                       | 0.020                                 |
| 03049         | Babyfood, dinner, beef and rice, toddler                                     | 28.35            | 1.0 oz                       | 0.020                                 |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type                                   | 12.0      | 1.0 tbsp  | 0.020                         |
| 27052  | Dip, salsa con queso, cheese and salsa- medium  | 30.0      | 2.0 tbsp  | 0.020                         |
| 11835  | Potatoes, microwaved, cooked in skin, flesh, with salt                                      | 78.0      | 0.5 cup   | 0.020                         |
| 14181  | Beverages, chocolate syrup  | 39.0      | 1.0 serving 2 tbsp                                    | 0.020                         |
| 07007  | Bologna, beef   | 30.0      | 1.0 slice   | 0.020                         |
| 11368  | Potatoes, microwaved, cooked in skin, flesh, without salt                                   | 78.0      | 0.5 cup   | 0.020                         |
| 21316  | McDONALD'S, Tangy Honey Mustard Sauce   | 43.0      | 1.5 oz  | 0.019                         |
| 10166  | Pork, cured, separable fat (from ham and arm picnic), unheated                              | 28.35     | 1.0 oz  | 0.019                         |
| 07072  | Salami, dry or hard, pork, beef   | 9.8       | 1.0 slice   | 0.019                         |
| 28347  | Pancakes, gluten-free, frozen, ready-to-heat  | 48.0      | 1.0 pancake   | 0.019                         |
| 03965  | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified        | 16.0      | 1.0 tbsp  | 0.019                         |
| 28374  | VAN'S, Gluten Free, Totally Original Pancakes   | 48.0      | 1.0 pancake   | 0.019                         |
| 15152  | Crustaceans, shrimp, mixed species, canned  | 128.0     | 1.0 cup   | 0.019                         |
| 04704  | Salad dressing, poppyseed, creamy   | 33.0      | 2.0 tbsp  | 0.019                         |
| 07065  | Pork and beef sausage, fresh, cooked  | 13.0      | 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked | 0.019                         |
| 09014  | Apples, frozen, unsweetened, unheated   | 173.0     | 1.0 cup slices  | 0.019                         |
| 18436  | Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)                         | 28.35     | 1.0 oz  | 0.019                         |
| 06124  | Gravy, pork, dry, powder  | 6.7       | 1.0 serving   | 0.019                         |
| 03987  | Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed                          | 30.4      | 1.0 fl oz   | 0.019                         |
| 11106  | Butterbur, (fuki), raw  | 94.0      | 1.0 cup   | 0.019                         |
| 11566  | Turnips, frozen, unprepared   | 94.0      | 0.333 package, mashed (10 oz)                         | 0.019                         |
| 28375  | VAN'S, Gluten Free, Totally Original Waffles  | 47.0      | 1.0 waffle  | 0.019                         |
| 11213  | Endive, raw   | 25.0      | 0.5 cup, chopped                                      | 0.019                         |
| 19150  | Candies, REESE'S Peanut Butter Cups   | 17.0      | 1.0 package 0.6 oz 1 cup                              | 0.019                         |
| 09006  | Apples, raw, without skin, cooked, microwave  | 170.0     | 1.0 cup slices  | 0.019                         |
| 03925  | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed                 | 30.5      | 1.0 fl oz   | 0.019                         |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded                                 | 93.0      | 1.0 cup, shredded                                     | 0.019                         |
| 06377  | CAMPBELL'S, Tomato Soup, condensed  | 124.0     | 0.5 cup condensed                                     | 0.019                         |
| 03005  | Babyfood, meat, veal, strained  | 16.0      | 1.0 tbsp  | 0.019                         |
| 11409  | Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt | 50.0      | 10.0 strips   | 0.018                         |
| 10109  | Pork, fresh, variety meats and by-products, leaf fat, raw                                   | 28.35     | 1.0 oz  | 0.018                         |
| 18363  | Tortillas, ready-to-bake or -fry, corn  | 28.35     | 1.0 oz  | 0.018                         |
| 03052  | Babyfood, dinner, beef stew, toddler  | 28.35     | 1.0 oz  | 0.018                         |
| 08657  | Cereals ready-to-eat, BARBARA'S PUFFINS, original   | 27.0      | 0.75 cup (1 NLEA serving)                             | 0.018                         |
| 27048  | Sauce, steak, tomato based  | 34.0      | 2.0 Tbsp  | 0.018                         |
| 11005  | Arrowhead, raw  | 25.0      | 1.0 large   | 0.018                         |

| NDB_No | Description  | Weight(g) | Measure              | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------|-------------------------------|
| 25052  | Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar   | 24.0      | 1.0 bar              | 0.018                         |
| 06081  | Soup, chicken broth cubes, dry   | 4.8       | 1.0 cube             | 0.018                         |
| 11492  | Squash, winter, spaghetti, raw   | 101.0     | 1.0 cup, cubes       | 0.018                         |
| 18619  | NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping  | 11.0      | 1.0 serving          | 0.018                         |
| 03090  | Babyfood, dinner, macaroni and cheese, junior  | 28.35     | 1.0 oz               | 0.018                         |
| 13341  | Beef, variety meats and by-products, tripe, raw  | 28.35     | 1.0 oz               | 0.018                         |
| 03017  | Babyfood, meat, turkey sticks, junior  | 10.0      | 1.0 stick            | 0.018                         |
| 28346  | Waffles, gluten-free, frozen, ready-to-heat  | 45.0      | 1.0 waffle           | 0.018                         |
| 43311  | Potatoes, canned, drained solids, no salt added  | 180.0     | 1.0 cup              | 0.018                         |
| 11252  | Lettuce, iceberg (includes crisphead types), raw   | 72.0      | 1.0 cup shredded     | 0.018                         |
| 01180  | Sour cream, fat free   | 12.0      | 1.0 tablespoon       | 0.018                         |
| 12698  | Seeds, sesame butter, tahini, type of kernels unspecified  | 15.0      | 1.0 tbsp             | 0.018                         |
| 07031  | Ham salad spread   | 15.0      | 1.0 tbsp             | 0.018                         |
| 11154  | Chicory roots, raw   | 60.0      | 1.0 root             | 0.018                         |
| 03930  | Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder                              | 30.5      | 1.0 fl oz            | 0.018                         |
| 03841  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed                        | 30.5      | 1.0 fl oz            | 0.018                         |
| 03953  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed                | 30.5      | 1.0 fl oz            | 0.018                         |
| 03935  | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA     | 30.5      | 1.0 fl oz            | 0.018                         |
| 03846  | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed                     | 30.5      | 1.0 fl oz            | 0.018                         |
| 03982  | Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed                        | 30.4      | 1.0 fl oz            | 0.018                         |
| 03992  | Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA | 30.4      | 1.0 fl oz            | 0.018                         |
| 03983  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed                                | 30.4      | 1.0 fl oz            | 0.018                         |
| 19820  | Snacks, sesame sticks, wheat-based, unsalted   | 28.35     | 1.0 oz               | 0.018                         |
| 19418  | Snacks, sesame sticks, wheat-based, salted   | 28.35     | 1.0 oz               | 0.018                         |
| 19702  | Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt                       | 85.0      | 1.0 package (3 oz)   | 0.018                         |
| 19036  | Snacks, popcorn, cakes   | 10.0      | 1.0 cake             | 0.018                         |
| 14415  | Alcoholic beverage, liqueur, coffee with cream, 34 proof   | 31.1      | 1.0 fl oz            | 0.018                         |
| 06959  | Gravy, instant turkey, dry   | 6.7       | 1.0 serving          | 0.018                         |
| 42291  | Peanut butter, reduced sodium  | 16.0      | 1.0 tbsp             | 0.018                         |
| 01146  | Cheese, parmesan, shredded   | 5.0       | 1.0 tbsp             | 0.018                         |
| 19068  | Candies, NESTLE, BIT-O'-HONEY Candy Chews  | 40.0      | 1.0 serving 6 pieces | 0.018                         |
| 05675  | Chicken, skin (drumsticks and thighs), cooked, roasted   | 28.35     | 1.0 oz               | 0.018                         |
| 14220  | Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled                                       | 249.0     | 8.0 fl oz            | 0.017                         |
| 03859  | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed                            | 29.0      | 1.0 oz               | 0.017                         |

| NDB_No | Description   | Weight(g) | Measure   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial                      | 248.0     | 1.0 serving 1 cup   | 0.017                         |
| 10165  | Pork, cured, salt pork, raw   | 28.35     | 1.0 oz  | 0.017                         |
| 06080  | Soup, chicken broth or bouillon, dry  | 4.0       | 1.0 cube  | 0.017                         |
| 03021  | Babyfood, meat, meat sticks, junior   | 10.0      | 1.0 stick   | 0.017                         |
| 05105  | Chicken, broilers or fryers, wing, meat only, raw                                       | 17.0      | 1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) | 0.017                         |
| 11205  | Cucumber, with peel, raw  | 52.0      | 0.5 cup slices  | 0.017                         |
| 07083  | Sausage, Vienna, canned, chicken, beef, pork  | 16.0      | 1.0 sausage (7/8" dia x 2" long)  | 0.017                         |
| 09149  | Kumquats, raw   | 19.0      | 1.0 fruit without refuse  | 0.017                         |
| 17180  | Game meat, rabbit, wild, raw  | 28.35     | 1.0 oz  | 0.017                         |
| 05685  | Chicken, skin (drumsticks and thighs), with added solution, raw                         | 28.35     | 1.0 oz  | 0.017                         |
| 19058  | Snacks, tortilla chips, ranch-flavor  | 28.35     | 1.0 oz  | 0.017                         |
| 03122  | Babyfood, peas, dices, toddler  | 28.35     | 1.0 oz  | 0.017                         |
| 18422  | Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched         | 28.35     | 1.0 oz  | 0.017                         |
| 18419  | Cake, pudding-type, white, unenriched, dry mix  | 28.35     | 1.0 oz  | 0.017                         |
| 15162  | Mollusks, clam, mixed species, canned, liquid   | 85.0      | 3.0 oz  | 0.017                         |
| 21319  | McDONALD'S, Hash Brown  | 53.0      | 1.0 serving 1 patty   | 0.017                         |
| 06632  | Sauce, hot chile, sriracha, CHA! BY TEXAS PETE  | 6.9       | 1.0 tsp   | 0.017                         |
| 06480  | Soup, chicken broth or bouillon, dry, prepared with water                               | 241.0     | 1.0 cup 8 fl oz   | 0.017                         |
| 11745  | Brussels sprouts, cooked, boiled, drained, with salt                                    | 21.0      | 1.0 sprout  | 0.017                         |
| 12171  | Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat) | 14.0      | 1.0 tbsps   | 0.017                         |
| 16164  | MORI-NU, Tofu, silken, lite firm  | 84.0      | 1.0 slice   | 0.017                         |
| 16165  | MORI-NU, Tofu, silken, lite extra firm  | 84.0      | 1.0 slice   | 0.017                         |
| 21420  | KFC, Coleslaw   | 112.0     | 1.0 package   | 0.017                         |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt                                 | 21.0      | 1.0 sprout  | 0.017                         |
| 43404  | Beverages, cranberry-apple juice drink, low calorie, with vitamin C added               | 240.0     | 1.0 cup (8 fl oz)   | 0.017                         |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                                     | 70.0      | 0.5 cup slices  | 0.017                         |
| 05107  | Chicken, broilers or fryers, wing, meat only, cooked, roasted                           | 13.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken)                        | 0.017                         |
| 09519  | Guava nectar, with sucralose, canned  | 335.0     | 11.3 fl oz  | 0.017                         |
| 12203  | Nuts, chestnuts, japanese, boiled and steamed   | 28.35     | 1.0 oz  | 0.017                         |
| 25040  | Snacks, vegetable chips, made from garden vegetables                                    | 28.35     | 1.0 oz  | 0.017                         |
| 12220  | Seeds, flaxseed   | 10.3      | 1.0 tbsps, whole  | 0.017                         |
| 19818  | Snacks, rice cakes, brown rice, multigrain, unsalted                                    | 9.0       | 1.0 cake  | 0.017                         |
| 19414  | Snacks, rice cakes, brown rice, multigrain  | 9.0       | 1.0 cake  | 0.017                         |
| 02031  | Spices, pepper, red or cayenne  | 1.8       | 1.0 tsp   | 0.017                         |
| 08355  | Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS                                    | 33.0      | 1.0 cup (1 NLEA serving)  | 0.016                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 19436  | Popcorn, sugar syrup/caramel, fat-free  | 28.35     | 1.0 oz   | 0.016                         |
| 12087  | Nuts, cashew nuts, raw  | 28.35     | 1.0 oz   | 0.016                         |
| 14406  | Beverages, fruit punch juice drink, frozen concentrate, prepared with water                 | 29.3      | 1.0 fl oz  | 0.016                         |
| 19866  | Candies, soft fruit and nut squares   | 42.0      | 3.0 pieces                                       | 0.016                         |
| 03112  | Babyfood, potatoes, toddler   | 163.0     | 1.0 cup  | 0.016                         |
| 28360  | MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free                                | 7.4       | 3.0 crackers                                     | 0.016                         |
| 09145  | Java-plum, (jambolan), raw  | 135.0     | 1.0 cup  | 0.016                         |
| 03226  | Babyfood, dessert, fruit pudding, orange, strained  | 28.35     | 1.0 oz   | 0.016                         |
| 03297  | Babyfood, dinner, apples and chicken, strained  | 28.35     | 1.0 oz   | 0.016                         |
| 19177  | Gelatins, dry powder, unsweetened   | 7.0       | 1.0 envelope (1 tbsp)                            | 0.016                         |
| 14268  | Beverages, Fruit punch drink, frozen concentrate  | 34.8      | 1.0 fl oz  | 0.016                         |
| 12104  | Nuts, coconut meat, raw   | 80.0      | 1.0 cup, shredded                                | 0.016                         |
| 06151  | Sauce, plum, ready-to-serve   | 19.0      | 1.0 tbsp   | 0.016                         |
| 09311  | Roselle, raw  | 57.0      | 1.0 cup, without refuse                          | 0.016                         |
| 20315  | Corn flour, whole-grain, blue (harina de maiz morado)                                       | 6.9       | 1.0 tbsp   | 0.016                         |
| 21313  | McDONALD'S, Hot Mustard Sauce   | 28.0      | 1.0 package                                      | 0.016                         |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt                                       | 78.0      | 0.5 cup  | 0.016                         |
| 11831  | Potatoes, boiled, cooked in skin, flesh, with salt  | 78.0      | 0.5 cup  | 0.016                         |
| 12004  | Seeds, breadnut tree seeds, raw   | 28.35     | 1.0 oz (8-14 seeds)                              | 0.016                         |
| 05673  | Chicken, skin (drumsticks and thighs), cooked, braised                                      | 28.35     | 1.0 oz   | 0.016                         |
| 11407  | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated      | 50.0      | 10.0 strips                                      | 0.016                         |
| 11840  | Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt | 50.0      | 10.0 strips                                      | 0.016                         |
| 11941  | Pickles, cucumber, sour   | 155.0     | 1.0 cup  | 0.016                         |
| 12110  | Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned                           | 77.0      | 1.0 cup  | 0.015                         |
| 21129  | Fast foods, hush puppies  | 22.0      | 1.0 piece  | 0.015                         |
| 42267  | Babyfood, juice, orange-carrot  | 30.8      | 1.0 fl oz  | 0.015                         |
| 42286  | Babyfood, green beans and turkey, strained  | 14.0      | 1.0 tbsp   | 0.015                         |
| 19379  | Candies, fudge, chocolate marshmallow, prepared-from-recipe                                 | 20.0      | 1.0 piece  | 0.015                         |
| 05106  | Chicken, broilers or fryers, wing, meat only, cooked, fried                                 | 12.0      | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.015                         |
| 12100  | Nuts, chestnuts, european, dried, peeled  | 28.35     | 1.0 oz   | 0.015                         |
| 08649  | Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble                                   | 51.0      | 0.75 cup (1 NLEA serving)                        | 0.015                         |
| 19297  | Jams and preserves  | 20.0      | 1.0 tbsp   | 0.015                         |
| 18448  | Taco shells, baked, without added salt  | 28.35     | 1.0 oz   | 0.015                         |
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular                      | 15.0      | 1.0 tbsp   | 0.015                         |
| 43020  | Salad dressing, blue or roquefort cheese, low calorie                                       | 15.0      | 1.0 tbsp   | 0.015                         |
| 27054  | Dip, TOSTITOS, salsa con queso, medium  | 30.0      | 2.0 tbsp   | 0.015                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 11445  | Seaweed, kelp, raw  | 10.0      | 2.0 tbsp (1/8 cup)        | 0.015                         |
| 19807  | Snacks, popcorn, oil-popped, white popcorn, salt added  | 11.0      | 1.0 cup                   | 0.015                         |
| 11406  | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased                 | 65.0      | 10.0 strips               | 0.015                         |
| 19816  | Snacks, rice cakes, brown rice, plain, unsalted   | 9.0       | 1.0 cake                  | 0.015                         |
| 19051  | Snacks, rice cracker brown rice, plain  | 9.0       | 1.0 cake                  | 0.015                         |
| 11981  | Peppers, hungarian, raw   | 27.0      | 1.0 pepper                | 0.015                         |
| 25059  | Snacks, brown rice chips  | 9.0       | 1.0 cake                  | 0.015                         |
| 11833  | Potatoes, boiled, cooked without skin, flesh, with salt   | 78.0      | 0.5 cup                   | 0.015                         |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt  | 78.0      | 0.5 cup                   | 0.015                         |
| 20116  | Noodles, japanese, somen, dry   | 57.0      | 2.0 oz                    | 0.015                         |
| 43205  | Beverage, instant breakfast powder, chocolate, not reconstituted  | 7.4       | 1.0 tbsp                  | 0.015                         |
| 18407  | Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)                      | 28.35     | 1.0 oz                    | 0.015                         |
| 18408  | Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)                    | 28.35     | 1.0 oz                    | 0.015                         |
| 11390  | Potatoes, hash brown, frozen, plain, unprepared   | 105.0     | 0.5 cup                   | 0.015                         |
| 05326  | Chicken breast tenders, breaded, cooked, microwaved   | 15.0      | 1.0 piece                 | 0.015                         |
| 03301  | Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS   | 113.0     | 4.0 oz                    | 0.015                         |
| 11975  | Grape leaves, canned  | 4.0       | 1.0 leaf                  | 0.015                         |
| 04028  | Salad dressing, mayonnaise, imitation, milk cream   | 15.0      | 1.0 tablespoon            | 0.015                         |
| 11022  | Balsam-pear (bitter melon), leafy tips, raw   | 4.0       | 1.0 leaf                  | 0.014                         |
| 15026  | Fish, eel, mixed species, cooked, dry heat  | 28.35     | 1.0 oz, boneless          | 0.014                         |
| 19905  | Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 28.35     | 1.0 oz                    | 0.014                         |
| 10004  | Pork, fresh, backfat, raw   | 28.35     | 1.0 oz                    | 0.014                         |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe   | 17.0      | 1.0 piece                 | 0.014                         |
| 11362  | Potatoes, raw, skin   | 38.0      | 1.0 skin                  | 0.014                         |
| 06631  | Sauce, hot chile, sriracha  | 6.5       | 1.0 tsp                   | 0.014                         |
| 09421  | Dates, medjool  | 24.0      | 1.0 date, pitted          | 0.014                         |
| 01179  | Sour cream, light   | 12.0      | 1.0 tablespoon            | 0.014                         |
| 11151  | Chicory, witloof, raw   | 53.0      | 1.0 head                  | 0.014                         |
| 11946  | Pickles, cucumber, sour, low sodium   | 143.0     | 1.0 cup, chopped or diced | 0.014                         |
| 19370  | Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies   | 62.0      | 1.0 serving 2.17 oz pack  | 0.014                         |
| 09165  | Litchis, dried  | 2.5       | 1.0 fruit                 | 0.014                         |
| 14305  | Malt beverage, includes non-alcoholic beer  | 29.6      | 1.0 fl oz                 | 0.014                         |
| 18429  | Crackers, whole-wheat, low salt   | 14.2      | 0.5 oz                    | 0.014                         |
| 18446  | Pie crust, standard-type, frozen, ready-to-bake, unenriched   | 142.0     | 1.0 crust, single 9"      | 0.014                         |
| 03293  | Babyfood, plums, bananas and rice, strained   | 28.35     | 1.0 oz                    | 0.014                         |

| NDB_No | Description   | Weight(g) | Measure  | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|--|-------------------------------|
| 19902  | Chocolate, dark, 45- 59% cacao solids   | 28.35     | 1.0 oz   | 0.014                         |
| 19423  | Snacks, potato chips, fat-free, made with olestra                                 | 28.35     | 1.0 oz   | 0.014                         |
| 16129  | Tofu, fried   | 28.35     | 1.0 oz   | 0.014                         |
| 03199  | Babyfood, cereal, with eggs, strained   | 28.35     | 1.0 oz   | 0.014                         |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered                    | 5.0       | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.014                         |
| 08354  | Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS                             | 28.0      | 0.75 cup (1 NLEA serving)                        | 0.014                         |
| 35234  | Piki bread, made from blue cornmeal (Hopi)  | 28.0      | 1.0 piece  | 0.014                         |
| 27064  | Wasabi  | 20.0      | 1.0 tablespoon                                   | 0.014                         |
| 19345  | Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup                | 35.0      | 2.0 tbsp   | 0.014                         |
| 11482  | Squash, winter, acorn, raw  | 140.0     | 1.0 cup, cubes                                   | 0.014                         |
| 08122  | Cereals, oats, instant, fortified, plain, dry                                     | 28.0      | 1.0 packet                                       | 0.014                         |
| 16399  | Peanut butter with omega-3, creamy  | 16.0      | 1.0 tbsp   | 0.014                         |
| 03075  | Babyfood, dinner, vegetables, noodles and chicken, strained                       | 28.35     | 1.0 oz   | 0.014                         |
| 18420  | Cake, yellow, unenriched, dry mix   | 28.35     | 1.0 oz   | 0.014                         |
| 19903  | Chocolate, dark, 60-69% cacao solids  | 28.35     | 1.0 oz   | 0.014                         |
| 15035  | Fish, haddock, smoked   | 28.35     | 1.0 oz, boneless                                 | 0.014                         |
| 19263  | Frozen novelties, fruit and juice bars  | 77.0      | 1.0 bar (2.5 fl oz)                              | 0.014                         |
| 05088  | Chicken, broilers or fryers, neck, meat only, raw                                 | 6.0       | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.014                         |
| 05327  | Chicken breast tenders, breaded, uncooked   | 15.0      | 1.0 piece  | 0.014                         |
| 15057  | Fish, ocean perch, Atlantic, raw  | 28.35     | 1.0 oz, boneless                                 | 0.014                         |
| 15174  | Mollusks, scallop, mixed species, imitation, made from surimi                     | 85.0      | 3.0 oz   | 0.014                         |
| 02019  | Spices, fenugreek seed  | 3.7       | 1.0 tsp  | 0.014                         |
| 06961  | Sauce, peppers, hot, chili, mature red, canned                                    | 15.0      | 1.0 tbsp   | 0.013                         |
| 22978  | Chicken tenders, breaded, frozen, prepared  | 21.0      | 1.0 piece  | 0.013                         |
| 09159  | Limes, raw  | 67.0      | 1.0 fruit (2" dia)                               | 0.013                         |
| 14631  | Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds | 7.8       | 1.0 tbsp   | 0.013                         |
| 06633  | Sauce, hot chile, sriracha, TUONG OT SRIRACHA                                     | 6.2       | 1.0 tsp  | 0.013                         |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared                 | 165.0     | 1.0 cup  | 0.013                         |
| 18524  | ARCHWAY Home Style Cookies, Coconut Macaroon                                      | 22.0      | 1.0 serving                                      | 0.013                         |
| 11113  | Cabbage, red, cooked, boiled, drained, without salt                               | 22.0      | 1.0 leaf   | 0.013                         |
| 11752  | Cabbage, red, cooked, boiled, drained, with salt                                  | 22.0      | 1.0 leaf   | 0.013                         |
| 27057  | Sauce, barbecue, KC MASTERPIECE, original   | 18.0      | 1.0 tbsp   | 0.013                         |
| 19102  | Candies, fudge, peanut butter, prepared-from-recipe                               | 16.0      | 1.0 piece  | 0.013                         |
| 03176  | Babyfood, juice, orange and banana  | 31.2      | 1.0 fl oz  | 0.013                         |
| 03130  | Babyfood, fruit, peaches, strained  | 17.0      | 1.0 tbsp   | 0.013                         |
| 03131  | Babyfood, fruit, peaches, junior  | 17.0      | 1.0 tbsp   | 0.013                         |

| NDB_No | Description  | Weight(g) | Measure                            | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|------------------------------------|-------------------------------|
| 19080  | Candies, semisweet chocolate   | 14.5      | 1.0 serving                        | 0.013                         |
| 04639  | Salad dressing, ranch dressing, regular  | 15.0      | 1.0 tablespoon                     | 0.013                         |
| 13020  | Beef, retail cuts, separable fat, cooked   | 28.35     | 1.0 oz                             | 0.013                         |
| 11258  | Mountain yam, hawaii, raw  | 68.0      | 0.5 cup, cubes                     | 0.013                         |
| 11829  | Potatoes, baked, flesh, with salt  | 61.0      | 0.5 cup                            | 0.013                         |
| 11363  | Potatoes, baked, flesh, without salt   | 61.0      | 0.5 cup                            | 0.013                         |
| 11218  | Gourd, white-flowered (calabash), raw  | 58.0      | 0.5 cup (1" pieces)                | 0.013                         |
| 03198  | Babyfood, cereal, with egg yolks, junior   | 28.35     | 1.0 oz                             | 0.013                         |
| 10864  | Pork, bacon, rendered fat, cooked  | 85.0      | 3.0 oz                             | 0.013                         |
| 12109  | Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged  | 85.0      | 1.0 cup                            | 0.013                         |
| 19194  | Puddings, rice, dry mix  | 106.0     | 1.0 package                        | 0.013                         |
| 06112  | Sauce, teriyaki, ready-to-serve  | 18.0      | 1.0 tbsp                           | 0.013                         |
| 90480  | Syrup, Cane  | 21.0      | 1.0 serving                        | 0.013                         |
| 06985  | Gravy, HEINZ Home Style, savory beef   | 57.0      | 1.0 serving 1/4 cup 2 oz           | 0.013                         |
| 03079  | Babyfood, dinner, vegetables and noodles and turkey, strained  | 28.35     | 1.0 oz                             | 0.012                         |
| 03197  | Babyfood, cereal, with egg yolks, strained   | 28.35     | 1.0 oz                             | 0.012                         |
| 19148  | Candies, peanut brittle, prepared-from-recipe  | 28.35     | 1.0 oz                             | 0.012                         |
| 21346  | McDONALD'S, NEWMAN'S OWN Cobb Dressing   | 62.0      | 2.0 fl oz                          | 0.012                         |
| 14557  | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients                                    | 22.0      | 1.0 serving                        | 0.012                         |
| 09098  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids | 123.0     | 0.5 cup                            | 0.012                         |
| 11832  | Potatoes, boiled, cooked in skin, skin, with salt  | 34.0      | 1.0 skin                           | 0.012                         |
| 11366  | Potatoes, boiled, cooked in skin, skin, without salt   | 34.0      | 1.0 skin                           | 0.012                         |
| 09340  | Pears, asian, raw  | 122.0     | 1.0 fruit 2-1/4" high x 2-1/2" dia | 0.012                         |
| 25028  | Tortilla chips, yellow, plain, salted  | 28.35     | 1.0 oz                             | 0.012                         |
| 03165  | Babyfood, fruit, apple and blueberry, junior   | 28.35     | 1.0 oz                             | 0.012                         |
| 07933  | Chicken breast, oven-roasted, fat-free, sliced   | 42.0      | 1.0 serving 2 slices               | 0.012                         |
| 27055  | Sauce, barbecue, SWEET BABY RAY'S, original  | 18.0      | 1.0 tbsp                           | 0.012                         |
| 21310  | McDONALD'S, Barbeque Sauce   | 28.0      | 1.0 package                        | 0.012                         |
| 18993  | BEAR NAKED, Double Chocolate Cookies   | 30.0      | 1.0 cookie                         | 0.012                         |
| 14262  | Beverages, citrus fruit juice drink, frozen concentrate  | 35.2      | 1.0 fl oz                          | 0.012                         |
| 02054  | Capers, canned   | 8.6       | 1.0 tbsp, drained                  | 0.012                         |
| 02029  | Spices, parsley, dried   | 0.5       | 1.0 tsp                            | 0.012                         |
| 11954  | Tomatillos, raw  | 34.0      | 1.0 medium                         | 0.012                         |
| 19314  | Pie fillings, canned, cherry   | 74.0      | 0.125 can                          | 0.012                         |
| 03072  | Babyfood, dinner, chicken stew, toddler  | 16.0      | 1.0 tbsp                           | 0.012                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 14425  | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water  | 31.0      | 1.0 fl oz                 | 0.012                         |
| 21315  | McDONALD'S, Sweet 'N Sour Sauce   | 28.0      | 1.0 package               | 0.012                         |
| 03934  | Babyfood, corn and sweet potatoes, strained   | 28.35     | 1.0 oz                    | 0.012                         |
| 14430  | Cranberry juice cocktail, frozen concentrate  | 36.2      | 1.0 fl oz                 | 0.012                         |
| 18952  | Tostada shells, corn  | 12.3      | 1.0 piece                 | 0.012                         |
| 06164  | Sauce, salsa, ready-to-serve  | 36.0      | 2.0 tbsp                  | 0.012                         |
| 19206  | Puddings, vanilla, dry mix, regular   | 88.0      | 1.0 package (3.12 oz)     | 0.011                         |
| 19912  | Sweetener, syrup, agave   | 6.9       | 1.0 tsp                   | 0.011                         |
| 03093  | Babyfood, green beans, dices, toddler   | 28.35     | 1.0 oz                    | 0.011                         |
| 05684  | Chicken, skin (drumsticks and thighs), with added solution, cooked, braised                         | 28.35     | 1.0 oz                    | 0.011                         |
| 03041  | Babyfood, dinner, vegetables and dumplings and beef, strained                                       | 28.35     | 1.0 oz                    | 0.011                         |
| 12205  | Seeds, lotus seeds, raw   | 28.35     | 1.0 oz                    | 0.011                         |
| 03081  | Babyfood, dinner, vegetables and noodles and turkey, junior   | 28.35     | 1.0 oz                    | 0.011                         |
| 04665  | Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries | 14.0      | 1.0 tbsp                  | 0.011                         |
| 25027  | Snacks, plantain chips, salted  | 28.35     | 1.0 oz                    | 0.011                         |
| 35200  | Prairie Turnips, raw (Northern Plains Indians)  | 12.6      | 1.0 bulb peeled           | 0.011                         |
| 03136  | Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained                               | 15.0      | 1.0 tbsp                  | 0.011                         |
| 42259  | Snacks, popcorn, home-prepared, oil-popped, unsalted  | 8.0       | 1.0 cup                   | 0.011                         |
| 09079  | Cranberries, dried, sweetened   | 40.0      | 0.25 cup                  | 0.011                         |
| 11952  | Radicchio, raw  | 40.0      | 1.0 cup, shredded         | 0.011                         |
| 06981  | Soup, bouillon cubes and granules, low sodium, dry  | 2.6       | 1.0 tsp                   | 0.011                         |
| 16432  | Tofu, salted and fermented (fuyu), prepared with calcium sulfate                                    | 11.0      | 1.0 block                 | 0.011                         |
| 16132  | Tofu, salted and fermented (fuyu)   | 11.0      | 1.0 block                 | 0.011                         |
| 01107  | Milk, human, mature, fluid  | 30.8      | 1.0 fl oz                 | 0.011                         |
| 03869  | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted              | 8.5       | 1.0 scoop                 | 0.011                         |
| 19142  | Candies, MOUNDS Candy Bar   | 19.0      | 1.0 bar snack size        | 0.011                         |
| 19204  | Puddings, lemon, dry mix, instant, prepared with 2% milk  | 8.0       | 1.0 serving               | 0.011                         |
| 08172  | Cereals, farina, unenriched, dry  | 10.9      | 1.0 tbsp                  | 0.011                         |
| 03050  | Babyfood, dinner, spaghetti and tomato and meat, junior   | 16.0      | 1.0 tbsp                  | 0.011                         |
| 27047  | Sauce, salsa, verde, ready-to-serve   | 30.0      | 2.0 Tbsp                  | 0.011                         |
| 28344  | Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour         | 10.7      | 3.0 crackers              | 0.011                         |
| 08386  | Cereals ready-to-eat, KASHI GOLEAN CRUNCH!  | 53.0      | 0.75 Cup (1 NLEA serving) | 0.011                         |
| 28345  | Crackers, gluten-free, multi-seeded and multigrain  | 6.1       | 3.0 crackers              | 0.011                         |
| 11749  | Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw                         | 35.0      | 0.5 cup, shredded         | 0.010                         |
| 11750  | Cabbage, common (danish, domestic, and pointed types), stored, raw                                  | 35.0      | 0.5 cup, shredded         | 0.010                         |
| 13019  | Beef, retail cuts, separable fat, raw   | 28.35     | 1.0 oz                    | 0.010                         |

| NDB_No | Description  | Weight(g) | Measure                  | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------|-------------------------------|
| 03076  | Babyfood, dinner, vegetables, noodles and chicken, junior  | 28.35     | 1.0 oz                   | 0.010                         |
| 03121  | Babyfood, vegetables, peas, strained   | 16.0      | 1.0 tbsp                 | 0.010                         |
| 44258  | Puddings, chocolate flavor, low calorie, regular, dry mix  | 9.9       | 1.0 serving              | 0.010                         |
| 18360  | Taco shells, baked   | 12.9      | 1.0 shell                | 0.010                         |
| 06179  | Sauce, fish, ready-to-serve  | 18.0      | 1.0 tbsp                 | 0.010                         |
| 03229  | Babyfood, dessert, peach melba, strained   | 28.35     | 1.0 oz                   | 0.010                         |
| 03042  | Babyfood, dinner, vegetables and dumplings and beef, junior  | 28.35     | 1.0 oz                   | 0.010                         |
| 42157  | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free                 | 17.0      | 1.0 tbsp                 | 0.010                         |
| 11394  | Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased                         | 30.0      | 10.0 strip               | 0.010                         |
| 27056  | Sauce, barbecue, BULL'S-EYE, original  | 16.0      | 1.0 tbsp                 | 0.010                         |
| 19137  | Toppings, strawberry   | 42.0      | 2.0 tbsp                 | 0.010                         |
| 11950  | Mushrooms, enoki, raw  | 5.0       | 1.0 large                | 0.010                         |
| 09229  | Papaya nectar, canned  | 250.0     | 1.0 cup                  | 0.010                         |
| 11637  | Radishes, white icicle, raw  | 50.0      | 0.5 cup slices           | 0.010                         |
| 20030  | Hominy, canned, white  | 165.0     | 1.0 cup                  | 0.010                         |
| 14119  | Beverages, Mixed vegetable and fruit juice drink, with added nutrients                                     | 247.0     | 8.0 fl oz                | 0.010                         |
| 09264  | Persimmons, japanese, dried  | 34.0      | 1.0 fruit without refuse | 0.010                         |
| 04601  | Butter, light, stick, with salt  | 14.0      | 1.0 tablespoon           | 0.010                         |
| 04602  | Butter, light, stick, without salt   | 14.0      | 1.0 tablespoon           | 0.010                         |
| 09053  | Blueberries, wild, frozen  | 140.0     | 1.0 cup, frozen          | 0.010                         |
| 03068  | Babyfood, dinner, chicken noodle, strained   | 16.0      | 1.0 tbsp                 | 0.010                         |
| 19704  | Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium                                | 9.0       | 1.0 tbsp                 | 0.010                         |
| 19703  | Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C | 9.0       | 1.0 tbsp                 | 0.010                         |
| 06115  | Gravy, au jus, dry   | 3.0       | 1.0 tsp                  | 0.010                         |
| 20133  | Rice noodles, dry  | 57.0      | 2.0 oz                   | 0.010                         |
| 07932  | Chicken breast, fat-free, mesquite flavor, sliced  | 42.0      | 1.0 serving 2 slices     | 0.010                         |
| 03164  | Babyfood, fruit, apple and blueberry, strained   | 28.35     | 1.0 oz                   | 0.010                         |
| 16158  | Hummus, commercial   | 15.0      | 1.0 tbsp                 | 0.010                         |
| 43432  | Babyfood, dinner, macaroni, beef and tomato sauce, toddler   | 16.0      | 1.0 tbsp                 | 0.010                         |
| 20330  | Hominy, canned, yellow   | 160.0     | 1.0 cup                  | 0.010                         |
| 06150  | Sauce, barbecue  | 17.0      | 1.0 tbsp                 | 0.010                         |
| 19858  | Candies, sugar-coated almonds  | 3.5       | 1.0 piece                | 0.009                         |
| 19413  | Snacks, rice cakes, brown rice, corn   | 9.0       | 1.0 cake                 | 0.009                         |
| 43408  | Babyfood, juice, pear  | 31.2      | 1.0 fl oz                | 0.009                         |
| 18323  | Pie, peach   | 28.35     | 1.0 oz                   | 0.009                         |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>  | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|-----------------|---------------------------------------|
| 04017         | Salad dressing, thousand island, commercial, regular   | 16.0             | 1.0 tbsp        | 0.009                                 |
| 19817         | Snacks, rice cakes, brown rice, buckwheat, unsalted  | 9.0              | 1.0 cake        | 0.009                                 |
| 19052         | Snacks, rice cakes, brown rice, buckwheat  | 9.0              | 1.0 cake        | 0.009                                 |
| 42266         | Babyfood, juice, apple-sweet potato  | 30.8             | 1.0 fl oz       | 0.009                                 |
| 07067         | Poultry salad sandwich spread  | 13.0             | 1.0 tbsp        | 0.009                                 |
| 14096         | Alcoholic beverage, wine, table, red   | 29.4             | 1.0 fl oz       | 0.009                                 |
| 14602         | Alcoholic Beverage, wine, table, red, Merlot   | 29.4             | 1.0 fl oz       | 0.009                                 |
| 05674         | Chicken, skin (drumsticks and thighs), raw   | 28.35            | 1.0 oz          | 0.009                                 |
| 03067         | Babyfood, dinner, vegetables and lamb, junior  | 28.35            | 1.0 oz          | 0.009                                 |
| 11625         | Parsley, freeze-dried  | 0.4              | 1.0 tbsp        | 0.009                                 |
| 43004         | Babyfood, dessert, banana pudding, strained  | 15.0             | 1.0 tbsp        | 0.009                                 |
| 02012         | Spices, coriander leaf, dried  | 0.6              | 1.0 tsp         | 0.009                                 |
| 42158         | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free | 15.0             | 1.0 tbsp        | 0.009                                 |
| 03289         | Babyfood, apples with ham, strained  | 15.0             | 1.0 tbsp        | 0.009                                 |
| 03290         | Babyfood, carrots and beef, strained   | 15.0             | 1.0 tbsp        | 0.009                                 |
| 43598         | Mayonnaise dressing, no cholesterol  | 15.0             | 1.0 tbsp        | 0.009                                 |
| 43546         | Babyfood, banana no tapioca, strained  | 15.0             | 1.0 tbsp        | 0.009                                 |
| 18976         | KASHI, TLC, Country Cheddar Crackers   | 30.0             | 18.0 cracker    | 0.009                                 |
| 43346         | Frozen novelties, juice type, orange   | 29.8             | 1.0 fl oz       | 0.009                                 |
| 44061         | Puddings, chocolate flavor, low calorie, instant, dry mix  | 9.9              | 1.0 serving     | 0.009                                 |
| 03045         | Babyfood, dinner, macaroni and tomato and beef, junior   | 16.0             | 1.0 tbsp        | 0.009                                 |
| 03278         | Babyfood, dinner, mixed vegetable, strained  | 28.35            | 1.0 oz          | 0.009                                 |
| 03238         | Babyfood, dessert, tropical fruit, junior  | 28.35            | 1.0 oz          | 0.009                                 |
| 06075         | Soup, beef broth or bouillon, powder, dry  | 3.6              | 1.0 cube        | 0.009                                 |
| 18621         | NABISCO, NABISCO RITZ Crackers   | 3.3              | 1.0 cracker     | 0.009                                 |
| 03173         | Babyfood, juice, orange and apple  | 31.2             | 1.0 fl oz       | 0.009                                 |
| 03175         | Babyfood, juice, orange and apricot  | 31.2             | 1.0 fl oz       | 0.009                                 |
| 03172         | Babyfood, juice, orange  | 31.2             | 1.0 fl oz       | 0.009                                 |
| 27049         | Sauce, tartar, ready-to-serve  | 30.0             | 2.0 tablespoons | 0.009                                 |
| 06076         | Soup, beef broth, cubed, dry   | 3.6              | 1.0 cube        | 0.009                                 |
| 19372         | Frostings, chocolate, creamy, dry mix, prepared with margarine                                     | 33.0             | 2.0 tablespoon  | 0.009                                 |
| 19241         | Frostings, chocolate, creamy, dry mix, prepared with butter  | 33.0             | 2.0 tablespoon  | 0.009                                 |
| 07961         | Chicken breast, deli, rotisserie seasoned, sliced, prepackaged                                     | 12.0             | 1.0 slice       | 0.009                                 |
| 03144         | Babyfood, fruit, applesauce and cherries, strained   | 28.35            | 1.0 oz          | 0.009                                 |
| 03145         | Babyfood, fruit, applesauce and cherries, junior   | 28.35            | 1.0 oz          | 0.009                                 |
| 03230         | Babyfood, dessert, peach melba, junior   | 28.35            | 1.0 oz          | 0.009                                 |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>    | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|-------------------|---------------------------------------|
| 42316         | Babyfood, carrots, toddler   | 28.35            | 1.0 oz            | 0.009                                 |
| 18305         | Pie, blueberry, commercially prepared                                    | 28.35            | 1.0 oz            | 0.009                                 |
| 09173         | Longans, dried   | 1.7              | 1.0 fruit         | 0.008                                 |
| 04120         | Salad dressing, french dressing, commercial, regular                     | 16.0             | 1.0 tbsp          | 0.008                                 |
| 03174         | Babyfood, juice, orange and apple and banana                             | 31.2             | 1.0 fl oz         | 0.008                                 |
| 02003         | Spices, basil, dried   | 0.7              | 1.0 tsp, leaves   | 0.008                                 |
| 04627         | Margarine-like spread with yogurt, approximately 40% fat, tub, with salt | 14.0             | 1.0 tablespoon    | 0.008                                 |
| 21422         | KFC, Popcorn Chicken   | 6.4              | 1.0 piece         | 0.008                                 |
| 04142         | Salad dressing, french dressing, reduced fat, without salt               | 16.0             | 1.0 tablespoon    | 0.008                                 |
| 04020         | Salad dressing, french dressing, reduced fat                             | 16.0             | 1.0 tablespoon    | 0.008                                 |
| 03153         | Babyfood, fruit, apple and raspberry, junior                             | 28.35            | 1.0 oz            | 0.008                                 |
| 18308         | Pie, cherry, commercially prepared                                       | 28.35            | 1.0 oz            | 0.008                                 |
| 19524         | Snacks, taro chips   | 28.35            | 1.0 oz            | 0.008                                 |
| 19244         | Frostings, vanilla, creamy, dry mix                                      | 411.0            | 1.0 package       | 0.008                                 |
| 19383         | Candies, toffee, prepared-from-recipe                                    | 12.0             | 1.0 piece         | 0.008                                 |
| 19312         | Pie fillings, apple, canned  | 74.0             | 0.125 can         | 0.008                                 |
| 19173         | Gelatin desserts, dry mix, prepared with water                           | 135.0            | 0.5 cup           | 0.008                                 |
| 19416         | Snacks, rice cakes, brown rice, rye                                      | 9.0              | 1.0 cake          | 0.008                                 |
| 20650         | Sorghum flour, refined, unenriched                                       | 161.0            | 1.0 cup           | 0.008                                 |
| 02041         | Spices, tarragon, dried  | 0.6              | 1.0 tsp, leaves   | 0.008                                 |
| 43373         | Babyfood, dinner, chicken and noodle with vegetables, toddler            | 16.0             | 1.0 tbsp          | 0.008                                 |
| 06307         | Sauce, barbecue, KRAFT, original   | 16.0             | 1.0 tbsp          | 0.008                                 |
| 02005         | Spices, caraway seed   | 2.1              | 1.0 tsp           | 0.008                                 |
| 04141         | Salad dressing, french dressing, commercial, regular, without salt       | 15.0             | 1.0 tablespoon    | 0.008                                 |
| 03162         | Babyfood, fruit, papaya and applesauce with tapioca, strained            | 28.35            | 1.0 oz            | 0.008                                 |
| 03152         | Babyfood, fruit, apple and raspberry, strained                           | 28.35            | 1.0 oz            | 0.008                                 |
| 04635         | Salad dressing, thousand island dressing, fat-free                       | 16.0             | 1.0 tbsp          | 0.008                                 |
| 31034         | Peppers, hot pickled, canned   | 34.0             | 0.25 cup drained  | 0.008                                 |
| 14368         | Beverages, tea, instant, lemon, unsweetened                              | 1.4              | 1.0 tsp, rounded  | 0.008                                 |
| 21059         | Fast foods, shrimp, breaded and fried                                    | 39.0             | 3.0 pieces shrimp | 0.008                                 |
| 16137         | Hummus, home prepared  | 15.0             | 1.0 tablespoon    | 0.008                                 |
| 21337         | McDONALD'S, Peanuts (for Sundaes)  | 7.0              | 0.3 oz            | 0.008                                 |
| 03105         | Babyfood, vegetables, squash, junior                                     | 16.0             | 1.0 tbsp          | 0.008                                 |
| 03104         | Babyfood, vegetables, squash, strained                                   | 16.0             | 1.0 tbsp          | 0.008                                 |
| 03151         | Babyfood, fruit, applesauce and pineapple, junior                        | 28.35            | 1.0 oz            | 0.008                                 |
| 25050         | Snacks, yucca (cassava) chips, salted                                    | 28.35            | 1.0 oz            | 0.008                                 |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>    | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|-------------------|---------------------------------------|
| 18301         | Pie, apple, commercially prepared, enriched flour                                 | 28.35            | 1.0 oz            | 0.008                                 |
| 19819         | Snacks, rice cakes, brown rice, sesame seed, unsalted                             | 9.0              | 1.0 cake          | 0.008                                 |
| 19053         | Snacks, rice cakes, brown rice, sesame seed                                       | 9.0              | 1.0 cake          | 0.008                                 |
| 02022         | Spices, mace, ground  | 1.7              | 1.0 tsp           | 0.008                                 |
| 12116         | Nuts, coconut cream, canned, sweetened  | 19.0             | 1.0 tbsp          | 0.008                                 |
| 05047         | Chicken, broilers or fryers, separable fat, raw                                   | 12.8             | 1.0 tbsp          | 0.008                                 |
| 09436         | Mango nectar, canned  | 251.0            | 1.0 cup           | 0.008                                 |
| 09437         | Tamarind nectar, canned   | 251.0            | 1.0 cup           | 0.008                                 |
| 09435         | Guava nectar, canned, with added ascorbic acid                                    | 251.0            | 1.0 cup           | 0.008                                 |
| 43536         | Babyfood, dessert, peach yogurt   | 15.0             | 1.0 tbsp          | 0.008                                 |
| 42150         | Babyfood, apple yogurt dessert, strained  | 15.0             | 1.0 tbsp          | 0.008                                 |
| 43523         | Babyfood, mixed fruit yogurt, strained  | 15.0             | 1.0 tbsp          | 0.008                                 |
| 43017         | Salad dressing, green goddess, regular  | 15.0             | 1.0 tbsp          | 0.008                                 |
| 11108         | Butterbur, canned   | 124.0            | 1.0 cup, chopped  | 0.007                                 |
| 14003         | Alcoholic beverage, beer, regular, all  | 29.7             | 1.0 fl oz         | 0.007                                 |
| 04636         | Salad dressing, italian dressing, fat-free  | 14.0             | 1.0 tbsp          | 0.007                                 |
| 09161         | Lime juice, canned or bottled, unsweetened  | 246.0            | 1.0 cup           | 0.007                                 |
| 03150         | Babyfood, fruit, applesauce and pineapple, strained                               | 28.35            | 1.0 oz            | 0.007                                 |
| 18447         | Popovers, dry mix, unenriched   | 28.35            | 1.0 oz            | 0.007                                 |
| 19227         | Frostings, coconut-nut, ready-to-eat  | 38.0             | 0.083 package     | 0.007                                 |
| 11701         | Arrowhead, cooked, boiled, drained, with salt                                     | 12.0             | 1.0 corm, medium  | 0.007                                 |
| 11943         | Pimento, canned   | 12.0             | 1.0 tbsp          | 0.007                                 |
| 14095         | Beverages, MINUTE MAID, Lemonada, Limeade   | 240.0            | 8.0 fl oz         | 0.007                                 |
| 06475         | Soup, beef broth or bouillon, powder, prepared with water                         | 240.0            | 1.0 serving 1 cup | 0.007                                 |
| 11006         | Arrowhead, cooked, boiled, drained, without salt                                  | 12.0             | 1.0 medium        | 0.007                                 |
| 14189         | Beverages, The COCA-COLA company, Minute Maid, Lemonade                           | 240.0            | 8.0 fl oz         | 0.007                                 |
| 06476         | Soup, beef broth, cubed, prepared with water                                      | 240.0            | 1.0 serving 1 cup | 0.007                                 |
| 14174         | Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C       | 240.0            | 8.0 fl oz         | 0.007                                 |
| 03177         | Babyfood, juice, orange and pineapple   | 31.2             | 1.0 fl oz         | 0.007                                 |
| 19384         | Candies, divinity, prepared-from-recipe   | 11.0             | 1.0 piece         | 0.007                                 |
| 11395         | Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated | 21.0             | 10.0 strip        | 0.007                                 |
| 14267         | Beverages, Fruit punch drink, with added nutrients, canned                        | 31.0             | 1.0 fl oz         | 0.007                                 |
| 02066         | Spearmint, dried  | 0.5              | 1.0 tsp           | 0.007                                 |
| 14601         | Beverages, WENDY'S, tea, ready-to-drink, unsweetened                              | 29.6             | 1.0 fl oz         | 0.007                                 |
| 18354         | Strudel, apple  | 28.35            | 1.0 oz            | 0.007                                 |
| 03286         | Babyfood, vegetables, mix vegetables strained                                     | 28.35            | 1.0 oz            | 0.007                                 |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>            | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|---------------------------|---------------------------------------|
| 02018         | Spices, fennel seed  | 2.0              | 1.0 tsp, whole            | 0.007                                 |
| 03083         | Babyfood, dinner, turkey and rice, junior  | 16.0             | 1.0 tbsp                  | 0.007                                 |
| 20134         | Rice noodles, cooked   | 176.0            | 1.0 cup                   | 0.007                                 |
| 14204         | Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener | 6.4              | 1.0 tsp dry               | 0.007                                 |
| 19226         | Frostings, chocolate, creamy, ready-to-eat   | 41.0             | 2.0 tbsp creamy           | 0.007                                 |
| 03998         | Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack              | 7.0              | 18.0 piece                | 0.007                                 |
| 04703         | Salad dressing, honey mustard, regular   | 30.0             | 2.0 tbsp                  | 0.007                                 |
| 04015         | Salad dressing, russian dressing   | 15.0             | 1.0 tbsp                  | 0.007                                 |
| 03233         | Babyfood, dessert, fruit pudding, pineapple, strained  | 15.0             | 1.0 tbsp                  | 0.007                                 |
| 14353         | Beverages, tea, instant, decaffeinated, unsweetened  | 0.7              | 1.0 serving 2 tsp         | 0.007                                 |
| 14366         | Beverages, tea, instant, unsweetened, powder   | 0.7              | 1.0 serving 1 tsp         | 0.007                                 |
| 03044         | Babyfood, dinner, macaroni and tomato and beef, strained                                     | 16.0             | 1.0 tbsp                  | 0.007                                 |
| 02014         | Spices, cumin seed   | 2.1              | 1.0 tsp, whole            | 0.007                                 |
| 14416         | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine   | 29.6             | 1.0 fl oz                 | 0.007                                 |
| 14146         | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine    | 29.6             | 1.0 fl oz                 | 0.007                                 |
| 06618         | Sauce, peanut, made from coconut, water, sugar, peanuts                                      | 17.0             | 1.0 tbsp                  | 0.007                                 |
| 19304         | Molasses   | 337.0            | 1.0 cup                   | 0.007                                 |
| 42204         | Rice cake, cracker (include hain mini rice cakes)  | 4.2              | 1.0 cubic inch            | 0.007                                 |
| 16588         | MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared                            | 67.0             | 1.0 patty                 | 0.007                                 |
| 27050         | Sauce, sweet and sour, ready-to-serve  | 35.0             | 2.0 Tbsp                  | 0.007                                 |
| 19034         | Snacks, popcorn, air-popped  | 8.0              | 1.0 cup                   | 0.007                                 |
| 19113         | Syrups, table blends, pancake, with butter   | 73.0             | 1.0 serving 1/4 cup       | 0.007                                 |
| 03265         | Babyfood, juice, apple and grape   | 31.2             | 1.0 fl oz                 | 0.007                                 |
| 16429         | Tofu, fried, prepared with calcium sulfate   | 13.0             | 1.0 piece                 | 0.007                                 |
| 14293         | Lemonade, frozen concentrate, white, prepared with water                                     | 30.9             | 1.0 fl oz                 | 0.006                                 |
| 11165         | Coriander (cilantro) leaves, raw   | 4.0              | 0.25 cup                  | 0.006                                 |
| 16425         | Soy sauce, reduced sodium, made from hydrolyzed vegetable protein                            | 15.0             | 1.0 tbsp                  | 0.006                                 |
| 04023         | Salad dressing, thousand island dressing, reduced fat  | 15.0             | 1.0 tablespoon            | 0.006                                 |
| 42153         | Salad dressing, blue or roquefort cheese dressing, light                                     | 16.0             | 1.0 tbsp                  | 0.006                                 |
| 03082         | Babyfood, dinner, turkey and rice, strained  | 16.0             | 1.0 tbsp                  | 0.006                                 |
| 03069         | Babyfood, dinner, chicken noodle, junior   | 16.0             | 1.0 tbsp                  | 0.006                                 |
| 03303         | Babyfood, dinner, sweet potatoes and chicken, strained                                       | 16.0             | 1.0 tbsp                  | 0.006                                 |
| 18949         | Crackers, whole-wheat, reduced fat   | 29.0             | 1.0 serving               | 0.006                                 |
| 04706         | Dressing, honey mustard, fat-free  | 30.0             | 2.0 tbsp (1 NLEA serving) | 0.006                                 |
| 11958         | Pickle relish, hamburger   | 15.0             | 1.0 tbsp                  | 0.006                                 |
| 42285         | Babyfood, cereal, brown rice, dry, instant   | 3.7              | 1.0 tbsp                  | 0.006                                 |

| NDB_No | Description   | Weight(g) | Measure          | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------|-------------------------------|
| 19035  | Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat    | 11.0      | 1.0 cup          | 0.006                         |
| 43535  | Babyfood, juice, apple - cherry   | 31.2      | 1.0 fl oz        | 0.006                         |
| 03169  | Babyfood, apple-cranberry juice   | 31.2      | 1.0 fl oz        | 0.006                         |
| 03267  | Babyfood, juice, fruit punch, with calcium                              | 31.2      | 1.0 fl oz        | 0.006                         |
| 03160  | Babyfood, fruit, guava and papaya with tapioca, strained                | 28.35     | 1.0 oz           | 0.006                         |
| 19924  | Syrup, NESTLE, chocolate  | 20.0      | 1.0 tablespoon   | 0.006                         |
| 28095  | KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter                | 31.0      | 1.0 cookie       | 0.006                         |
| 44203  | Beverages, Cocktail mix, non-alcoholic, concentrated, frozen            | 36.0      | 1.0 fl oz        | 0.006                         |
| 02002  | Spices, anise seed  | 2.1       | 1.0 tsp, whole   | 0.006                         |
| 35198  | Prickly pears, raw (Northern Plains Indians)                            | 19.0      | 1.0 pad peeled   | 0.006                         |
| 11796  | Lotus root, cooked, boiled, drained, with salt                          | 60.0      | 0.5 cup          | 0.006                         |
| 04624  | Margarine-like, vegetable oil spread, fat free, liquid, with salt       | 15.0      | 1.0 tbsp         | 0.006                         |
| 43537  | Babyfood, dessert, blueberry yogurt, strained                           | 15.0      | 1.0 tbsp         | 0.006                         |
| 11944  | Pickle relish, hot dog  | 15.0      | 1.0 tbsp         | 0.006                         |
| 43585  | Babyfood, fruit supreme dessert   | 15.0      | 1.0 tbsp         | 0.006                         |
| 42178  | Mayonnaise, made with tofu  | 15.0      | 1.0 tbsp         | 0.006                         |
| 43539  | Babyfood, dessert, banana yogurt, strained                              | 15.0      | 1.0 tbsp         | 0.006                         |
| 11255  | Lotus root, cooked, boiled, drained, without salt                       | 60.0      | 0.5 cup          | 0.006                         |
| 02016  | Spices, dill seed   | 2.1       | 1.0 tsp          | 0.006                         |
| 15109  | Fish, surimi  | 28.35     | 1.0 oz           | 0.006                         |
| 14341  | Beverages, pineapple and orange juice drink, canned                     | 31.3      | 1.0 fl oz        | 0.006                         |
| 18235  | Crackers, whole-wheat   | 28.0      | 1.0 serving      | 0.006                         |
| 09228  | Papaya, canned, heavy syrup, drained                                    | 39.0      | 1.0 piece        | 0.006                         |
| 28355  | CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free           | 3.9       | 3.0 crackers     | 0.006                         |
| 43497  | Jellyfish, dried, salted  | 58.0      | 1.0 cup          | 0.006                         |
| 02007  | Spices, celery seed   | 2.0       | 1.0 tsp          | 0.006                         |
| 03287  | Babyfood, dinner, beef noodle, junior                                   | 16.0      | 1.0 tbsp         | 0.006                         |
| 11953  | Squash, zucchini, baby, raw   | 16.0      | 1.0 large        | 0.006                         |
| 25003  | Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C | 23.0      | 1.0 Roll         | 0.006                         |
| 18412  | Bread, cornbread, dry mix, unenriched (includes corn muffin mix)        | 28.35     | 1.0 oz           | 0.006                         |
| 03141  | Babyfood, pears, dices, toddler   | 28.35     | 1.0 oz           | 0.006                         |
| 25013  | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor           | 28.35     | 1.0 oz           | 0.006                         |
| 03161  | Babyfood, peaches, dices, toddler                                       | 28.35     | 1.0 oz           | 0.006                         |
| 03115  | Babyfood, apples, dices, toddler  | 28.35     | 1.0 oz           | 0.006                         |
| 15028  | Fish, flatfish (flounder and sole species), raw                         | 28.35     | 1.0 oz, boneless | 0.006                         |
| 19220  | Desserts, rennin, chocolate, dry mix                                    | 9.0       | 1.0 tbsp         | 0.006                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 42307  | Margarine-like, butter-margarine blend, 80% fat, stick, without salt              | 14.0      | 1.0 tablespoon            | 0.006                         |
| 03047  | Babyfood, dinner, beef noodle, strained   | 16.0      | 1.0 tbsp                  | 0.006                         |
| 42309  | Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt      | 14.0      | 1.0 tablespoon            | 0.006                         |
| 11145  | Celtuce, raw  | 8.0       | 1.0 leaf                  | 0.006                         |
| 19709  | Puddings, tapioca, dry mix, with no added salt                                    | 92.0      | 1.0 package (3.5 oz)      | 0.006                         |
| 19198  | Puddings, tapioca, dry mix  | 92.0      | 1.0 package (3.5 oz)      | 0.006                         |
| 14241  | Beverages, cranberry-grape juice drink, bottled                                   | 30.6      | 1.0 fl oz                 | 0.006                         |
| 08571  | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola           | 55.0      | 0.75 cup (1 NLEA serving) | 0.006                         |
| 35201  | Prairie Turnips, boiled (Northern Plains Indians)                                 | 14.0      | 1.0 bulb                  | 0.005                         |
| 19300  | Jellies   | 21.0      | 1.0 serving 1 tbsp        | 0.005                         |
| 09216  | Orange peel, raw  | 6.0       | 1.0 tbsp                  | 0.005                         |
| 11960  | Carrots, baby, raw  | 15.0      | 1.0 large                 | 0.005                         |
| 14356  | Beverages, tea, instant, decaffeinated, lemon, diet                               | 1.6       | 2.0 tsp                   | 0.005                         |
| 14375  | Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder  | 1.6       | 2.0 tsp                   | 0.005                         |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe                             | 31.4      | 1.0 fl oz                 | 0.005                         |
| 14057  | Alcoholic beverage, wine, dessert, sweet  | 29.5      | 1.0 fl oz                 | 0.005                         |
| 14536  | Alcoholic beverage, wine, dessert, dry  | 29.5      | 1.0 fl oz                 | 0.005                         |
| 03170  | Babyfood, juice, apple and plum   | 31.2      | 1.0 fl oz                 | 0.005                         |
| 02027  | Spices, oregano, dried  | 1.0       | 1.0 tsp, leaves           | 0.005                         |
| 04617  | Margarine, regular, 80% fat, composite, stick, without salt                       | 14.2      | 1.0 tbsp                  | 0.005                         |
| 02024  | Spices, mustard seed, ground  | 2.0       | 1.0 tsp                   | 0.005                         |
| 14222  | Beverages, coffee, instant, with chicory  | 1.8       | 1.0 tsp, rounded          | 0.005                         |
| 02013  | Spices, coriander seed  | 1.8       | 1.0 tsp                   | 0.005                         |
| 04610  | Margarine, regular, 80% fat, composite, stick, with salt                          | 14.0      | 1.0 tbsp                  | 0.005                         |
| 28327  | Crackers, water biscuits  | 14.0      | 4.0 cracker 1 serving     | 0.005                         |
| 04696  | Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D | 14.0      | 1.0 tbsp                  | 0.005                         |
| 04691  | Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D    | 14.0      | 1.0 tablespoon            | 0.005                         |
| 02036  | Spices, rosemary, dried   | 1.2       | 1.0 tsp                   | 0.005                         |
| 25022  | Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor                       | 28.35     | 1.0 oz                    | 0.005                         |
| 15032  | Fish, grouper, mixed species, cooked, dry heat                                    | 85.0      | 3.0 oz                    | 0.005                         |
| 03166  | Babyfood, juice, apple  | 31.7      | 1.0 fl oz                 | 0.005                         |
| 14334  | Beverages, pineapple and grapefruit juice drink, canned                           | 31.3      | 1.0 fl oz                 | 0.005                         |
| 19303  | Marmalade, orange   | 20.0      | 1.0 tbsp                  | 0.005                         |
| 11284  | Onions, dehydrated flakes   | 5.0       | 1.0 tbsp                  | 0.005                         |
| 14019  | Alcoholic beverage, tequila sunrise, canned                                       | 31.1      | 1.0 fl oz                 | 0.005                         |
| 03147  | Babyfood, fruit, applesauce with banana, junior                                   | 16.0      | 1.0 tbsp                  | 0.005                         |

| NDB_No | Description   | Weight(g) | Measure                     | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|-----------------------------|-------------------------------|
| 19387  | Frozen novelties, ice type, pineapple-coconut                               | 99.0      | 0.5 cup (4 fl oz)           | 0.005                         |
| 11945  | Pickle relish, sweet  | 15.0      | 1.0 tbsp                    | 0.005                         |
| 43212  | Bacon bits, meatless  | 7.0       | 1.0 tbsp                    | 0.005                         |
| 28393  | PEPPERIDGE FARM, White Hoagie Roll  | 69.0      | 1.0 serving                 | 0.005                         |
| 19400  | Snacks, banana chips  | 28.35     | 1.0 oz                      | 0.005                         |
| 03133  | Babyfood, fruit, pears, junior  | 16.0      | 1.0 tbsp                    | 0.005                         |
| 11634  | Peppers, sweet, green, freeze-dried   | 0.4       | 1.0 tbsp                    | 0.005                         |
| 09156  | Lemon peel, raw   | 6.0       | 1.0 tbsp                    | 0.005                         |
| 11931  | Peppers, sweet, red, freeze-dried   | 0.4       | 1.0 tbsp                    | 0.005                         |
| 03143  | Babyfood, fruit, applesauce and apricots, junior                            | 16.0      | 1.0 tbsp                    | 0.005                         |
| 35195  | Cattail, Narrow Leaf Shoots (Northern Plains Indians)                       | 19.0      | 1.0 shoot                   | 0.005                         |
| 25026  | Popcorn, microwave, regular (butter) flavor, made with palm oil             | 7.9       | 1.0 cup                     | 0.005                         |
| 03268  | Babyfood, juice, apple and cherry   | 31.2      | 1.0 fl oz                   | 0.005                         |
| 03129  | Babyfood, fruit, bananas with tapioca, strained                             | 15.0      | 1.0 tbsp                    | 0.005                         |
| 03142  | Babyfood, fruit, applesauce and apricots, strained                          | 16.0      | 1.0 tbsp                    | 0.005                         |
| 19076  | Candies, caramels, chocolate-flavor roll                                    | 6.6       | 1.0 piece                   | 0.005                         |
| 27046  | Sauce, duck, ready-to-serve   | 33.0      | 2.0 Tbsp                    | 0.005                         |
| 02011  | Spices, cloves, ground  | 2.1       | 1.0 tsp                     | 0.005                         |
| 03019  | Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars              | 9.9       | 1.0 bar                     | 0.005                         |
| 14253  | Alcoholic beverages, wine, rose   | 30.3      | 1.0 fl oz                   | 0.005                         |
| 19070  | Candies, butterscotch   | 28.35     | 1.0 oz                      | 0.005                         |
| 19445  | Snacks, potato chips, made from dried potatoes, fat-free, made with olestra | 28.35     | 1.0 oz                      | 0.005                         |
| 19099  | Candies, fondant, prepared-from-recipe                                      | 28.35     | 1.0 oz                      | 0.005                         |
| 12098  | Nuts, chestnuts, european, raw, peeled                                      | 28.35     | 1.0 oz                      | 0.005                         |
| 19419  | Snacks, corn cakes  | 9.0       | 1.0 cake                    | 0.005                         |
| 19800  | Snacks, corn cakes, very low sodium   | 9.0       | 1.0 cake                    | 0.005                         |
| 06962  | Sauce, chili, peppers, hot, immature green, canned                          | 15.0      | 1.0 tbsp                    | 0.004                         |
| 02043  | Spices, turmeric, ground  | 3.0       | 1.0 tsp                     | 0.004                         |
| 03135  | Babyfood, fruit, plums with tapioca, without ascorbic acid, junior          | 15.0      | 1.0 tbsp                    | 0.004                         |
| 15172  | Mollusks, scallop, mixed species, raw                                       | 30.0      | 1.0 unit 2 large or 5 small | 0.004                         |
| 03163  | Babyfood, fruit, bananas with apples and pears, strained                    | 15.0      | 1.0 tbsp                    | 0.004                         |
| 09172  | Longans, raw  | 3.2       | 1.0 fruit without refuse    | 0.004                         |
| 03158  | Babyfood, fruit, pears and pineapple, strained                              | 16.0      | 1.0 tbsp                    | 0.004                         |
| 03132  | Babyfood, fruit, pears, strained  | 16.0      | 1.0 tbsp                    | 0.004                         |
| 03116  | Babyfood, fruit, applesauce, strained                                       | 16.0      | 1.0 tbsp                    | 0.004                         |
| 14006  | Alcoholic beverage, beer, light   | 29.5      | 1.0 fl oz                   | 0.004                         |

| NDB_No | Description   | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---------------------------|-------------------------------|
| 04018  | Salad dressing, mayonnaise type, regular, with salt                   | 14.7      | 1.0 tbsp                  | 0.004                         |
| 14106  | Alcoholic beverage, wine, table, white                                | 29.4      | 1.0 fl oz                 | 0.004                         |
| 19719  | Jams and preserves, apricot   | 20.0      | 1.0 tbsp                  | 0.004                         |
| 14160  | Alcoholic beverage, wine, table, white, Chardonnay                    | 29.3      | 1.0 fl oz                 | 0.004                         |
| 02020  | Spices, garlic powder   | 3.1       | 1.0 tsp                   | 0.004                         |
| 03179  | Babyfood, juice, mixed fruit  | 31.2      | 1.0 fl oz                 | 0.004                         |
| 03117  | Babyfood, fruit, applesauce, junior                                   | 16.0      | 1.0 tbsp                  | 0.004                         |
| 11125  | Carrots, cooked, boiled, drained, without salt                        | 9.7       | 1.0 tbsp                  | 0.004                         |
| 11757  | Carrots, cooked, boiled, drained, with salt                           | 9.7       | 1.0 tbsp                  | 0.004                         |
| 19045  | Snacks, potato chips, made from dried potatoes, reduced fat           | 28.35     | 1.0 oz                    | 0.004                         |
| 35139  | Squash, Indian, cooked, boiled (Navajo)                               | 28.35     | 1.0 oz                    | 0.004                         |
| 10132  | Pork, cured, feet, pickled  | 28.35     | 1.0 oz                    | 0.004                         |
| 35235  | Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)              | 28.35     | 1.0 oz                    | 0.004                         |
| 15031  | Fish, grouper, mixed species, raw                                     | 85.0      | 3.0 oz                    | 0.004                         |
| 06972  | Sauce, tomato chili sauce, bottled, with salt                         | 6.0       | 1.0 packet                | 0.004                         |
| 19014  | Snacks, fruit leather, rolls  | 21.0      | 1.0 large                 | 0.004                         |
| 04689  | Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light    | 14.0      | 1.0 tbsp (1 NLEA serving) | 0.004                         |
| 03134  | Babyfood, fruit, plums with tapioca, without ascorbic acid, strained  | 15.0      | 1.0 tbsp                  | 0.004                         |
| 04600  | Margarine-like, vegetable oil-butter spread, tub, with salt           | 14.0      | 1.0 tablespoon            | 0.004                         |
| 14219  | Beverages, coffee, instant, decaffeinated, prepared with water        | 29.9      | 1.0 fl oz                 | 0.004                         |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof                         | 34.8      | 1.0 fl oz                 | 0.004                         |
| 14534  | Alcoholic beverage, liqueur, coffee, 63 proof                         | 34.8      | 1.0 fl oz                 | 0.004                         |
| 04367  | Salad dressing, french dressing, fat-free                             | 16.0      | 1.0 tablespoon            | 0.004                         |
| 14352  | Beverages, tea, black, brewed, prepared with tap water, decaffeinated | 29.6      | 1.0 fl oz                 | 0.004                         |
| 14544  | Beverages, tea, black, brewed, prepared with distilled water          | 29.6      | 1.0 fl oz                 | 0.004                         |
| 14355  | Beverages, tea, black, brewed, prepared with tap water                | 29.6      | 1.0 fl oz                 | 0.004                         |
| 02030  | Spices, pepper, black   | 2.3       | 1.0 tsp, ground           | 0.004                         |
| 19164  | Candies, SPECIAL DARK Chocolate Bar                                   | 41.0      | 1.0 bar 1.45 oz           | 0.004                         |
| 02008  | Spices, chervil, dried  | 0.6       | 1.0 tsp                   | 0.004                         |
| 04640  | Salad dressing, ranch dressing, reduced fat                           | 15.0      | 1.0 tablespoon            | 0.004                         |
| 43215  | Salad dressing, buttermilk, lite                                      | 15.0      | 1.0 tablespoon            | 0.004                         |
| 14269  | Beverages, Fruit punch drink, frozen concentrate, prepared with water | 30.9      | 1.0 fl oz                 | 0.004                         |
| 02015  | Spices, curry powder  | 2.0       | 1.0 tsp                   | 0.004                         |
| 02042  | Spices, thyme, dried  | 1.0       | 1.0 tsp, leaves           | 0.004                         |
| 02050  | Vanilla extract   | 4.2       | 1.0 tsp                   | 0.004                         |
| 06169  | Sauce, ready-to-serve, pepper, TABASCO                                | 4.7       | 1.0 tsp                   | 0.004                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 04686  | Salad dressing, honey mustard dressing, reduced calorie  | 30.0      | 2.0 tbsp (1 serving)      | 0.004                         |
| 08160  | Cereals, corn grits, yellow, regular and quick, unenriched, dry  | 9.7       | 1.0 tbsp                  | 0.004                         |
| 06168  | Sauce, ready-to-serve, pepper or hot   | 4.7       | 1.0 tsp                   | 0.004                         |
| 44110  | Jellies, reduced sugar, home preserved   | 19.0      | 1.0 tbsp                  | 0.004                         |
| 11285  | Onions, canned, solids and liquids   | 63.0      | 1.0 onion                 | 0.004                         |
| 02049  | Thyme, fresh   | 0.8       | 1.0 tsp                   | 0.004                         |
| 31033  | Ginger root, pickled, canned, with artificial sweetener  | 25.0      | 2.0 tablespoon            | 0.004                         |
| 11806  | Onions, frozen, chopped, cooked, boiled, drained, with salt  | 15.0      | 1.0 tbsp chopped          | 0.004                         |
| 11288  | Onions, frozen, chopped, cooked, boiled, drained, without salt   | 15.0      | 1.0 tbsp chopped          | 0.004                         |
| 27058  | Sauce, barbecue, OPEN PIT, original  | 17.0      | 1.0 tbsp                  | 0.004                         |
| 04614  | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt                                 | 14.3      | 1.0 tbsp                  | 0.004                         |
| 04612  | Margarine-like, vegetable oil spread, 60% fat, stick, with salt  | 14.3      | 1.0 tbsp                  | 0.004                         |
| 13335  | Beef, variety meats and by-products, suet, raw   | 28.35     | 1.0 oz                    | 0.004                         |
| 03220  | Babyfood, dessert, dutch apple, strained   | 28.35     | 1.0 oz                    | 0.004                         |
| 03159  | Babyfood, fruit, pears and pineapple, junior   | 16.0      | 1.0 tbsp                  | 0.004                         |
| 04695  | Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D                       | 14.0      | 1.0 tbsp                  | 0.004                         |
| 04613  | Margarine-like, vegetable oil spread, 60% fat, tub, with salt  | 14.0      | 1.0 tbsp                  | 0.004                         |
| 02006  | Spices, cardamom   | 2.0       | 1.0 tsp, ground           | 0.004                         |
| 04693  | Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D                      | 14.0      | 1.0 tbsp                  | 0.004                         |
| 04697  | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D        | 14.0      | 1.0 tbsp                  | 0.004                         |
| 04694  | Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D                        | 14.0      | 1.0 tbsp                  | 0.004                         |
| 04620  | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt                              | 14.0      | 1.0 tbsp                  | 0.004                         |
| 14224  | Beverages, coffee, instant, mocha, sweetened   | 13.0      | 1.0 serving 2 tbsp        | 0.004                         |
| 25014  | Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil                  | 7.9       | 1.0 cup                   | 0.004                         |
| 14187  | Beverages, Clam and tomato juice, canned   | 30.2      | 1.0 fl oz                 | 0.004                         |
| 01205  | Cream substitute, flavored, liquid   | 15.0      | 1.0 tbsp                  | 0.004                         |
| 11824  | Peppers, sweet, red, cooked, boiled, drained, with salt  | 12.0      | 1.0 tbsp                  | 0.004                         |
| 19919  | Candies, fruit snacks, with high vitamin C   | 44.0      | 1.0 serving               | 0.004                         |
| 02046  | Mustard, prepared, yellow  | 5.0       | 1.0 tsp or 1 packet       | 0.004                         |
| 04629  | Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick | 14.0      | 1.0 tbsp (1 NLEA serving) | 0.004                         |
| 04638  | Salad dressing, ranch dressing, fat-free   | 14.0      | 1.0 tablespoon            | 0.004                         |
| 11822  | Peppers, sweet, green, cooked, boiled, drained, with salt  | 11.6      | 1.0 tbsp                  | 0.003                         |
| 11156  | Chives, raw  | 3.0       | 1.0 tbsp chopped          | 0.003                         |
| 03168  | Babyfood, juice, apple and peach   | 31.2      | 1.0 fl oz                 | 0.003                         |
| 03221  | Babyfood, dessert, dutch apple, junior   | 28.35     | 1.0 oz                    | 0.003                         |

| NDB_No | Description  | Weight(g) | Measure                   | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|---------------------------|-------------------------------|
| 19360  | Syrups, table blends, pancake, with 2% maple                                 | 20.0      | 1.0 tbsp                  | 0.003                         |
| 15102  | Fish, snapper, mixed species, cooked, dry heat                               | 85.0      | 3.0 oz                    | 0.003                         |
| 21144  | CHICK-FIL-A, hash browns   | 5.5       | 1.0 piece                 | 0.003                         |
| 35199  | Prickly pears, broiled (Northern Plains Indians)                             | 7.5       | 1.0 pad                   | 0.003                         |
| 04585  | Margarine-like, margarine-butter blend, soybean oil and butter               | 14.1      | 1.0 tbsp                  | 0.003                         |
| 01206  | Cream substitute, flavored, powdered   | 12.0      | 4.0 tsp                   | 0.003                         |
| 19294  | Fruit butters, apple   | 17.0      | 1.0 tbsp                  | 0.003                         |
| 14530  | Whiskey sour mix, bottled, with added potassium and sodium                   | 32.3      | 1.0 fl oz                 | 0.003                         |
| 14028  | Beverages, Whiskey sour mix, bottled   | 32.3      | 1.0 fl oz                 | 0.003                         |
| 43016  | Salad dressing, coleslaw   | 16.0      | 1.0 tbsp                  | 0.003                         |
| 43008  | Babyfood, dinner, chicken and rice   | 16.0      | 1.0 tbsp                  | 0.003                         |
| 14436  | Beverages, orange breakfast drink, ready-to-drink, with added nutrients      | 31.6      | 1.0 fl oz                 | 0.003                         |
| 03167  | Babyfood, apple-banana juice   | 31.2      | 1.0 fl oz                 | 0.003                         |
| 14327  | Beverages, orange and apricot juice drink, canned                            | 31.2      | 1.0 fl oz                 | 0.003                         |
| 03224  | Babyfood, dessert, cherry vanilla pudding, strained                          | 28.35     | 1.0 oz                    | 0.003                         |
| 03225  | Babyfood, dessert, cherry vanilla pudding, junior                            | 28.35     | 1.0 oz                    | 0.003                         |
| 14263  | Beverages, citrus fruit juice drink, frozen concentrate, prepared with water | 31.0      | 1.0 fl oz                 | 0.003                         |
| 28094  | KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla                           | 31.0      | 1.0 cookie                | 0.003                         |
| 04143  | Salad dressing, italian dressing, commercial, regular, without salt          | 14.7      | 1.0 tablespoon            | 0.003                         |
| 02021  | Spices, ginger, ground   | 1.8       | 1.0 tsp                   | 0.003                         |
| 14240  | Beverages, cranberry-apricot juice drink, bottled                            | 30.6      | 1.0 fl oz                 | 0.003                         |
| 04705  | Salad dressing, caesar, fat-free   | 34.0      | 2.0 tbsp (1 NLEA serving) | 0.003                         |
| 02032  | Spices, pepper, white  | 2.4       | 1.0 tsp, ground           | 0.003                         |
| 11615  | Chives, freeze-dried   | 0.2       | 1.0 tbsp                  | 0.003                         |
| 43550  | Babyfood, banana apple dessert, strained                                     | 15.0      | 1.0 tbsp                  | 0.003                         |
| 43006  | Babyfood, fruit, tutti frutti, strained                                      | 15.0      | 1.0 tbsp                  | 0.003                         |
| 08656  | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes                | 30.0      | 0.75 cup (1 NLEA serving) | 0.003                         |
| 43331  | Salad dressing, bacon and tomato   | 15.0      | 1.0 tbsp                  | 0.003                         |
| 43007  | Babyfood, fruit, tutti frutti, junior  | 15.0      | 1.0 tbsp                  | 0.003                         |
| 04030  | Sandwich spread, with chopped pickle, regular, unspecified oils              | 15.0      | 1.0 tablespoon            | 0.003                         |
| 03280  | Babyfood, fruit, bananas with tapioca, junior                                | 15.0      | 1.0 tbsp                  | 0.003                         |
| 03140  | Babyfood, fruit dessert, mango with tapioca                                  | 15.0      | 1.0 tbsp                  | 0.003                         |
| 02051  | Vanilla extract, imitation, alcohol  | 4.2       | 1.0 tsp                   | 0.003                         |
| 19330  | Puddings, lemon, dry mix, instant  | 99.0      | 1.0 package (3.5 oz)      | 0.003                         |
| 19705  | Puddings, banana, dry mix, instant, with added oil                           | 99.0      | 1.0 package (3.5 oz)      | 0.003                         |
| 19318  | Puddings, banana, dry mix, instant   | 99.0      | 1.0 package (3.5 oz)      | 0.003                         |

| NDB_No | Description  | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------------|-------------------------------|
| 21387  | BURGER KING, Hash Brown Rounds   | 5.6       | 1.0 piece                  | 0.003                         |
| 03997  | Babyfood, Baby MUM MUM Rice Biscuits   | 8.0       | 4.0 biscuit                | 0.003                         |
| 02045  | Dill weed, fresh   | 1.0       | 5.0 sprigs                 | 0.003                         |
| 43155  | Alcoholic beverage, wine, light  | 29.5      | 1.0 fl oz                  | 0.003                         |
| 43329  | Salad dressing, mayonnaise and mayonnaise-type, low calorie  | 14.5      | 1.0 tbsp                   | 0.003                         |
| 19281  | Frozen novelties, ice type, italian, restaurant-prepared   | 29.0      | 1.0 fl oz                  | 0.003                         |
| 14553  | Beverages, Wine, non-alcoholic   | 29.0      | 1.0 fl oz                  | 0.003                         |
| 02034  | Spices, poultry seasoning  | 1.5       | 1.0 tsp                    | 0.003                         |
| 14236  | Beverages, coffee substitute, cereal grain beverage, powder  | 3.0       | 1.0 tsp (1 serving)        | 0.003                         |
| 03156  | Babyfood, fruit, bananas and pineapple with tapioca, junior  | 15.0      | 1.0 tbsp                   | 0.003                         |
| 03157  | Babyfood, fruit, bananas and pineapple with tapioca, strained  | 15.0      | 1.0 tbsp                   | 0.003                         |
| 02017  | Spices, dill weed, dried   | 1.0       | 1.0 tsp                    | 0.003                         |
| 03222  | Babyfood, cherry cobbler, junior   | 28.35     | 1.0 oz                     | 0.003                         |
| 04626  | Margarine-like spread with yogurt, 70% fat, stick, with salt   | 14.0      | 1.0 tablespoon             | 0.003                         |
| 03001  | Babyfood, juice treats, fruit medley, toddler  | 28.0      | 1.0 packet                 | 0.003                         |
| 04133  | Salad dressing, french, home recipe  | 14.0      | 1.0 tablespoon             | 0.003                         |
| 04146  | Salad dressing, french, cottonseed, oil, home recipe   | 14.0      | 1.0 tablespoon             | 0.003                         |
| 02033  | Spices, poppy seed   | 2.8       | 1.0 tsp                    | 0.003                         |
| 11984  | Epazote, raw   | 0.8       | 1.0 tbsp                   | 0.003                         |
| 11237  | Kanpyo, (dried gourd strips)   | 6.3       | 1.0 strip                  | 0.003                         |
| 35196  | Lambquarters, raw (Northern Plains Indians)  | 0.9       | 1.0 leaf                   | 0.003                         |
| 04630  | Margarine Spread, approximately 48% fat, tub   | 14.0      | 1.0 tbsp                   | 0.003                         |
| 04025  | Salad dressing, mayonnaise, regular  | 13.8      | 1.0 tbsp                   | 0.003                         |
| 09153  | Lemon juice from concentrate, canned or bottled  | 15.0      | 1.0 tbsp                   | 0.003                         |
| 09523  | Lemon juice from concentrate, bottled, CONCORD   | 15.0      | 1.0 tbsp                   | 0.003                         |
| 09524  | Lemon juice from concentrate, bottled, REAL LEMON  | 15.0      | 1.0 tbsp                   | 0.003                         |
| 15101  | Fish, snapper, mixed species, raw  | 85.0      | 3.0 oz                     | 0.003                         |
| 02004  | Spices, bay leaf   | 0.6       | 1.0 tsp, crumbled          | 0.003                         |
| 27066  | Sauce, horseradish   | 5.6       | 1.0 tsp                    | 0.003                         |
| 01185  | Parmesan cheese topping, fat free  | 5.0       | 1.0 tablespoon             | 0.002                         |
| 14635  | Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E                      | 246.0     | 1.0 serving 8 oz           | 0.002                         |
| 14029  | Alcoholic beverage, whiskey sour, prepared from item 14028   | 30.4      | 1.0 fl oz                  | 0.002                         |
| 01002  | Butter, whipped, with salt   | 3.8       | 1.0 pat (1" sq, 1/3" high) | 0.002                         |
| 11447  | Sesbania flower, raw   | 3.0       | 1.0 flower                 | 0.002                         |
| 14633  | Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C | 238.0     | 1.0 serving                | 0.002                         |
| 02038  | Spices, sage, ground   | 0.7       | 1.0 tsp                    | 0.002                         |

| NDB_No | Description   | Weight(g) | Measure                | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|------------------------|-------------------------------|
| 02035  | Spices, pumpkin pie spice   | 1.7       | 1.0 tsp                | 0.002                         |
| 03209  | Babyfood, crackers, vegetable   | 0.7       | 1.0 cracker            | 0.002                         |
| 19222  | Desserts, rennin, vanilla, dry mix  | 10.8      | 1.0 tbsp               | 0.002                         |
| 04144  | Salad dressing, italian dressing, reduced fat, without salt                 | 15.0      | 1.0 tablespoon         | 0.002                         |
| 03228  | Babyfood, dessert, peach cobbler, junior                                    | 15.0      | 1.0 tbsp               | 0.002                         |
| 42193  | Salad Dressing, mayonnaise-like, fat-free                                   | 16.0      | 1.0 tbsp               | 0.002                         |
| 09448  | Nance, canned, syrup, drained   | 11.1      | 3.0 fruit without pits | 0.002                         |
| 11442  | Seaweed, agar, raw  | 10.0      | 2.0 tbsp (1/8 cup)     | 0.002                         |
| 19030  | Syrup, fruit flavored   | 20.0      | 1.0 serving            | 0.002                         |
| 19128  | Syrups, table blends, pancake, reduced-calorie                              | 73.0      | 1.0 serving 1/4 cup    | 0.002                         |
| 03227  | Babyfood, dessert, peach cobbler, strained                                  | 15.0      | 1.0 tbsp               | 0.002                         |
| 21026  | Fast foods, potatoes, hash browns, round pieces or patty                    | 5.5       | 1.0 round piece        | 0.002                         |
| 04022  | Salad dressing, russian dressing, low calorie                               | 16.0      | 1.0 tablespoon         | 0.002                         |
| 14431  | Cranberry juice cocktail, frozen concentrate, prepared with water           | 29.6      | 1.0 fl oz              | 0.002                         |
| 42040  | Syrups, grenadine   | 20.0      | 1.0 tbsp               | 0.002                         |
| 11677  | Shallots, raw   | 10.0      | 1.0 tbsp chopped       | 0.002                         |
| 19371  | Frostings, vanilla, creamy, dry mix, prepared with margarine                | 33.0      | 2.0 tablespoon         | 0.002                         |
| 19228  | Frostings, cream cheese-flavor, ready-to-eat                                | 33.0      | 2.0 tbsp creamy        | 0.002                         |
| 14296  | Beverages, lemonade-flavor drink, powder                                    | 18.0      | 1.0 serving            | 0.002                         |
| 03128  | Babyfood, fruit, apricot with tapioca, junior                               | 15.0      | 1.0 tbsp               | 0.002                         |
| 03118  | Babyfood, fruit, apricot with tapioca, strained                             | 15.0      | 1.0 tbsp               | 0.002                         |
| 14051  | Alcoholic beverage, distilled, vodka, 80 proof                              | 27.8      | 1.0 fl oz              | 0.002                         |
| 19906  | Sweeteners, for baking, brown, contains sugar and sucralose                 | 12.9      | 1.0 tbsp               | 0.002                         |
| 02026  | Spices, onion powder  | 2.4       | 1.0 tsp                | 0.002                         |
| 11948  | Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)    | 6.0       | 1.0 slice              | 0.002                         |
| 02044  | Basil, fresh  | 2.5       | 5.0 leaves             | 0.002                         |
| 02023  | Spices, marjoram, dried   | 0.6       | 1.0 tsp                | 0.002                         |
| 02037  | Spices, saffron   | 0.7       | 1.0 tsp                | 0.002                         |
| 14027  | Alcoholic beverage, whiskey sour, canned                                    | 30.8      | 1.0 fl oz              | 0.002                         |
| 14531  | Alcoholic beverage, whiskey sour  | 30.4      | 1.0 fl oz              | 0.002                         |
| 19382  | Candies, taffy, prepared-from-recipe  | 15.0      | 1.0 piece              | 0.002                         |
| 03236  | Babyfood, dessert, fruit dessert, without ascorbic acid, junior             | 15.0      | 1.0 tbsp               | 0.002                         |
| 11594  | Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt | 175.0     | 1.0 cup, cubes         | 0.002                         |
| 11895  | Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt    | 175.0     | 1.0 cup, cubes         | 0.002                         |
| 04073  | Margarine, regular, hard, soybean (hydrogenated)                            | 4.7       | 1.0 tsp                | 0.002                         |
| 11959  | Arugula, raw  | 2.0       | 1.0 leaf               | 0.002                         |

| NDB_No | Description  | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------------|-------------------------------|
| 01001  | Butter, salted   | 5.0       | 1.0 pat (1" sq, 1/3" high) | 0.002                         |
| 01145  | Butter, without salt   | 5.0       | 1.0 pat (1" sq, 1/3" high) | 0.002                         |
| 42230  | Salad Dressing, coleslaw dressing, reduced fat                                   | 17.0      | 1.0 tbsp                   | 0.002                         |
| 44260  | Puddings, all flavors except chocolate, low calorie, instant, dry mix            | 8.0       | 1.0 serving                | 0.002                         |
| 14015  | Alcoholic beverage, pina colada, canned  | 32.6      | 1.0 fl oz                  | 0.002                         |
| 11292  | Onions, young green, tops only   | 6.0       | 1.0 tbsp                   | 0.002                         |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe                               | 30.2      | 1.0 fl oz                  | 0.002                         |
| 42116  | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie | 15.0      | 1.0 tbsp                   | 0.002                         |
| 43021  | Salad dressing, caesar, low calorie  | 15.0      | 1.0 tbsp                   | 0.002                         |
| 43015  | Salad dressing, caesar dressing, regular   | 14.7      | 1.0 tbsp                   | 0.001                         |
| 43355  | Mayonnaise, low sodium, low calorie or diet                                      | 14.0      | 1.0 tbsp                   | 0.001                         |
| 42140  | Salad dressing, italian dressing, reduced calorie                                | 14.0      | 1.0 tbsp                   | 0.001                         |
| 03235  | Babyfood, dessert, fruit dessert, without ascorbic acid, strained                | 15.0      | 1.0 tbsp                   | 0.001                         |
| 42151  | Vegetable oil-butter spread, reduced calorie                                     | 13.0      | 1.0 tbsp                   | 0.001                         |
| 02025  | Spices, nutmeg, ground   | 2.2       | 1.0 tsp                    | 0.001                         |
| 14277  | Beverages, grape drink, canned   | 31.3      | 1.0 fl oz                  | 0.001                         |
| 02052  | Vanilla extract, imitation, no alcohol   | 4.2       | 1.0 tsp                    | 0.001                         |
| 19108  | Candies, jellybeans  | 11.0      | 10.0 small                 | 0.001                         |
| 02055  | Horseradish, prepared  | 5.0       | 1.0 tsp                    | 0.001                         |
| 04021  | Salad dressing, italian dressing, commercial, reduced fat                        | 15.0      | 1.0 tablespoon             | 0.001                         |
| 02001  | Spices, allspice, ground   | 1.9       | 1.0 tsp                    | 0.001                         |
| 14545  | Beverages, tea, herb, brewed, chamomile  | 29.6      | 1.0 fl oz                  | 0.001                         |
| 14381  | Beverages, tea, herb, other than chamomile, brewed                               | 29.6      | 1.0 fl oz                  | 0.001                         |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof           | 27.8      | 1.0 fl oz                  | 0.001                         |
| 14533  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof          | 27.8      | 1.0 fl oz                  | 0.001                         |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof           | 27.8      | 1.0 fl oz                  | 0.001                         |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof           | 27.8      | 1.0 fl oz                  | 0.001                         |
| 14532  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof           | 27.8      | 1.0 fl oz                  | 0.001                         |
| 02010  | Spices, cinnamon, ground   | 2.6       | 1.0 tsp                    | 0.001                         |
| 02063  | Rosemary, fresh  | 0.7       | 1.0 tsp                    | 0.001                         |
| 14303  | Limeade, frozen concentrate, prepared with water                                 | 30.9      | 1.0 fl oz                  | 0.001                         |
| 11640  | Shallots, freeze-dried   | 0.9       | 1.0 tbsp                   | 0.001                         |
| 15149  | Crustaceans, shrimp, mixed species, raw (may have been previously frozen)        | 6.0       | 1.0 medium                 | 0.001                         |
| 14223  | Beverages, coffee, instant, chicory  | 29.9      | 1.0 fl oz                  | 0.001                         |
| 14367  | Beverages, tea, instant, unsweetened, prepared with water                        | 29.7      | 1.0 fl oz                  | 0.001                         |
| 19107  | Candies, hard  | 28.35     | 1.0 oz                     | 0.001                         |

| NDB_No | Description  | Weight(g) | Measure                        | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|--------------------------------|-------------------------------|
| 11624  | Leeks, (bulb and lower-leaf portion), freeze-dried   | 0.2       | 1.0 tbsp                       | 0.001                         |
| 19156  | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits   | 40.0      | 1.0 serving fun size (8 chews) | 0.001                         |
| 04128  | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt                       | 14.9      | 1.0 tbsp                       | 0.001                         |
| 04690  | Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D | 14.9      | 1.0 tbsp                       | 0.001                         |
| 14203  | Beverages, coffee, instant, regular, half the caffeine   | 1.0       | 1.0 tsp                        | 0.001                         |
| 14214  | Beverages, coffee, instant, regular, powder  | 1.0       | 1.0 tsp                        | 0.001                         |
| 11216  | Ginger root, raw   | 2.0       | 1.0 tsp                        | 0.001                         |
| 14541  | Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water                         | 32.7      | 1.0 fl oz                      | 0.001                         |
| 35233  | Hazelnuts, beaked (Northern Plains Indians)  | 0.4       | 1.0 nut                        | 0.001                         |
| 01003  | Butter oil, anhydrous  | 12.8      | 1.0 tbsp                       | 0.001                         |
| 03171  | Babyfood, juice, apple and prune   | 31.2      | 1.0 fl oz                      | 0.001                         |
| 14237  | Beverages, coffee substitute, cereal grain beverage, prepared with water                                       | 30.1      | 1.0 fl oz                      | 0.001                         |
| 14376  | Beverages, tea, instant, lemon, diet   | 29.8      | 1.0 fl oz                      | 0.001                         |
| 14243  | Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener                     | 29.6      | 1.0 fl oz                      | 0.001                         |
| 14025  | Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix                                  | 29.4      | 1.0 fl oz                      | 0.001                         |
| 16004  | Yokan, prepared from adzuki beans and sugar  | 14.0      | 1.0 slice                      | 0.001                         |
| 19335  | Sugars, granulated   | 2.8       | 1.0 serving packet             | 0.001                         |
| 02065  | Spearmint, fresh   | 0.3       | 2.0 leaves                     | 0.001                         |
| 19116  | Candies, marshmallows  | 50.0      | 1.0 cup of miniature           | 0.000                         |
| 43154  | Alcoholic beverage, wine, cooking  | 4.9       | 1.0 tsp                        | 0.000                         |
| 19340  | Sugars, maple  | 3.0       | 1.0 tsp                        | 0.000                         |
| 14297  | Beverages, lemonade-flavor drink, powder, prepared with water  | 31.8      | 1.0 fl oz                      | 0.000                         |
| 14009  | Alcoholic beverage, daiquiri, canned   | 30.5      | 1.0 fl oz                      | 0.000                         |
| 14215  | Beverages, coffee, instant, regular, prepared with water   | 29.8      | 1.0 fl oz                      | 0.000                         |
| 19365  | Toppings, marshmallow cream  | 28.35     | 1.0 oz                         | 0.000                         |
| 14052  | Alcoholic beverage, distilled, whiskey, 86 proof   | 27.8      | 1.0 fl oz                      | 0.000                         |
| 02064  | Peppermint, fresh  | 0.1       | 2.0 leaves                     | 0.000                         |
| 09195  | Olives, pickled, canned or bottled, green  | 2.7       | 1.0 olive                      | 0.000                         |
| 14168  | Beverages, Carob-flavor beverage mix, powder   | 12.0      | 1.0 tbsp                       | 0.000                         |
| 19909  | Sweeteners, sugar substitute, granulated, brown  | 0.5       | 1.0 tsp                        | 0.000                         |
| 44018  | Sweeteners, tabletop, fructose, liquid   | 0.1       | 1.0 serving                    | 0.000                         |
| 35236  | Stew, pinto bean and hominy, badufsuki (Hopi)  | 227.0     | 8.0 oz                         | 0.000                         |
| 43058  | Candies, hard, dietetic or low calorie (sorbitol)  | 3.0       | 1.0 piece                      | 0.000                         |
| 14090  | Beverages, Coconut water, ready-to-drink, unsweetened  | 245.0     | 1.0 cup                        | 0.000                         |
| 14555  | Water, bottled, generic  | 29.6      | 1.0 fl oz                      | 0.000                         |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>     | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|--------------------|---------------------------------------|
| 16082         | Noodles, chinese, cellophane or long rice (mung beans), dehydrated                                 | 140.0            | 1.0 cup            | 0.000                                 |
| 04520         | Fat, mutton tallow   | 12.8             | 1.0 tbsp           | 0.000                                 |
| 04653         | Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry            | 13.6             | 1.0 tbsp           | 0.000                                 |
| 04031         | Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)        | 12.8             | 1.0 tbsp           | 0.000                                 |
| 04609         | Animal fat, bacon grease   | 4.3              | 1.0 tsp            | 0.000                                 |
| 14323         | Beverages, orange drink, canned, with added vitamin C  | 31.0             | 1.0 fl oz          | 0.000                                 |
| 14147         | Beverages, carbonated, cola, without caffeine  | 30.7             | 1.0 fl oz          | 0.000                                 |
| 04549         | Shortening industrial, lard and vegetable oil  | 12.8             | 1.0 tbsp           | 0.000                                 |
| 14259         | Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape   | 248.0            | 8.0 fl oz          | 0.000                                 |
| 16246         | SILK Nog, soymilk  | 122.0            | 0.5 cup            | 0.000                                 |
| 04669         | USDA Commodity Food, oil, vegetable, soybean, refined  | 13.6             | 1.0 tablespoon     | 0.000                                 |
| 14462         | Beverages, Propel Zero, fruit-flavored, non-carbonated   | 29.6             | 1.0 fl oz          | 0.000                                 |
| 14061         | Beverages, Energy Drink, sugar free  | 240.0            | 8.0 fl oz          | 0.000                                 |
| 14371         | Beverages, tea, instant, lemon, sweetened, prepared with water                                     | 259.0            | 1.0 cup (8 fl oz)  | 0.000                                 |
| 04002         | Lard   | 12.8             | 1.0 tbsp           | 0.000                                 |
| 14166         | Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine | 29.6             | 1.0 fl oz          | 0.000                                 |
| 16616         | MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared  | 80.0             | 5.0 nuggets        | 0.000                                 |
| 04584         | Oil, sunflower, high oleic (70% and over)  | 14.0             | 1.0 tbsp           | 0.000                                 |
| 44005         | Oil, corn, peanut, and olive   | 14.0             | 1.0 tablespoon     | 0.000                                 |
| 19187         | Flan, caramel custard, dry mix   | 85.0             | 1.0 package (3 oz) | 0.000                                 |
| 04698         | Oil, industrial, canola, high oleic  | 14.0             | 1.0 tablespoon     | 0.000                                 |
| 14287         | Beverages, Lemonade, powder  | 18.0             | 1.0 serving        | 0.000                                 |
| 04650         | Oil, industrial, soy, refined, for woks and light frying   | 13.6             | 1.0 tbsp           | 0.000                                 |
| 14411         | Beverages, water, tap, drinking  | 29.6             | 1.0 fl oz          | 0.000                                 |
| 14190         | Beverages, tea, green, ready-to-drink, diet  | 269.0            | 1.0 cup            | 0.000                                 |
| 14144         | Beverages, carbonated, lemon-lime soda, no caffeine  | 30.8             | 1.0 fl oz          | 0.000                                 |
| 04545         | Oil, sunflower, linoleic, (partially hydrogenated)   | 13.6             | 1.0 tbsp           | 0.000                                 |
| 14256         | Beverages, OCEAN SPRAY, Cran Cherry  | 248.0            | 8.0 fl oz          | 0.000                                 |
| 04666         | Shortening, industrial, soy (partially hydrogenated ) and corn for frying                          | 12.8             | 1.0 tbsp           | 0.000                                 |
| 04135         | Salad dressing, home recipe, vinegar and oil   | 16.0             | 1.0 tablespoon     | 0.000                                 |
| 09450         | Naranjilla (lulo) pulp, frozen, unsweetened  | 120.0            | 1.0 cup thawed     | 0.000                                 |
| 04631         | Margarine-like, vegetable oil spread, fat-free, tub  | 14.6             | 1.0 tbsp           | 0.000                                 |
| 16610         | MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared                               | 67.0             | 1.0 burger         | 0.000                                 |
| 04581         | Oil, avocado   | 14.0             | 1.0 tbsp           | 0.000                                 |
| 14279         | Beverages, tea, black, ready-to-drink, peach, diet   | 268.0            | 1.0 cup            | 0.000                                 |
| 14080         | Beverages, rich chocolate, powder  | 11.0             | 2.0 tbsp           | 0.000                                 |

| NDB_No | Description  | Weight(g) | Measure                    | Riboflavin(mg)<br>Per Measure |
|--------|--|-----------|----------------------------|-------------------------------|
| 04516  | Oil, teaseed   | 13.6      | 1.0 tablespoon             | 0.000                         |
| 04594  | Fish oil, sardine  | 13.6      | 1.0 tbsp                   | 0.000                         |
| 42141  | Cream substitute, liquid, light  | 30.0      | 1.0 fl oz                  | 0.000                         |
| 14136  | Beverages, carbonated, ginger ale  | 30.5      | 1.0 fl oz                  | 0.000                         |
| 04542  | Fat, chicken   | 12.8      | 1.0 tbsp                   | 0.000                         |
| 04663  | Oil, industrial, palm kernel (hydrogenated), filling fat                                       | 13.6      | 1.0 tbsp                   | 0.000                         |
| 01074  | Sour cream, imitation, cultured  | 28.35     | 1.0 oz                     | 0.000                         |
| 04628  | Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils             | 14.0      | 1.0 tbsp                   | 0.000                         |
| 43214  | Butter replacement, without fat, powder  | 80.0      | 1.0 cup                    | 0.000                         |
| 14645  | Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C              | 238.0     | 1.0 cup (8 fl oz)          | 0.000                         |
| 04574  | Fat, duck  | 12.8      | 1.0 tbsp                   | 0.000                         |
| 14276  | Beverages, Tropical Punch, ready-to-drink  | 210.0     | 1.0 NLEA Serving           | 0.000                         |
| 19181  | Candies, YORK BITES  | 39.0      | 15.0 pieces                | 0.000                         |
| 04692  | Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D                   | 14.0      | 1.0 tbsp                   | 0.000                         |
| 14542  | Lemonade, frozen concentrate, pink   | 36.4      | 1.0 fl oz                  | 0.000                         |
| 43026  | Syrups, sugar free   | 240.0     | 1.0 cup                    | 0.000                         |
| 14075  | Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water, | 240.0     | 8.0 fl oz                  | 0.000                         |
| 04513  | Vegetable oil, palm kernel   | 13.6      | 1.0 tablespoon             | 0.000                         |
| 14234  | Beverages, OCEAN SPRAY, Cran Lemonade  | 247.0     | 8.0 fl oz                  | 0.000                         |
| 04646  | Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts             | 13.6      | 1.0 tbsp                   | 0.000                         |
| 04591  | Fish oil, menhaden   | 13.6      | 1.0 tbsp                   | 0.000                         |
| 42138  | Mayonnaise, reduced-calorie or diet, cholesterol-free  | 14.6      | 1.0 tbsp                   | 0.000                         |
| 14605  | Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors  | 237.0     | 8.0 fl oz (1 NLEA serving) | 0.000                         |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate                        | 4.6       | 1.0 tsp                    | 0.000                         |
| 12176  | Nuts, coconut milk, frozen (liquid expressed from grated meat and water)                       | 240.0     | 1.0 cup                    | 0.000                         |
| 04536  | Oil, sheanut   | 13.6      | 1.0 tablespoon             | 0.000                         |
| 18372  | Leavening agents, baking soda  | 4.6       | 1.0 tsp                    | 0.000                         |
| 04660  | Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy             | 13.6      | 1.0 tbsp                   | 0.000                         |
| 04053  | Oil, olive, salad or cooking   | 13.5      | 1.0 tablespoon             | 0.000                         |
| 42289  | Oil, corn and canola   | 14.0      | 1.0 tbsp                   | 0.000                         |
| 04060  | Oil, sunflower, linoleic (less than 60%)   | 13.6      | 1.0 tbsp                   | 0.000                         |
| 14206  | Beverages, tea, green, ready-to-drink, sweetened   | 270.0     | 1.0 cup                    | 0.000                         |
| 19225  | Desserts, rennin, tablets, unsweetened   | 9.9       | 1.0 package (0.35 oz)      | 0.000                         |
| 43158  | Sweeteners, tabletop, saccharin (sodium saccharin)   | 1.0       | 1.0 serving 1 packet       | 0.000                         |
| 14155  | Beverages, carbonated, tonic water   | 30.5      | 1.0 fl oz                  | 0.000                         |

| NDB_No | Description   | Weight(g) | Measure                                       | Riboflavin(mg)<br>Per Measure |
|--------|---|-----------|---|-------------------------------|
| 14640  | Beverages, Energy drink, VAULT, citrus flavor   | 31.0      | 1.0 oz  | 0.000                         |
| 04570  | Shortening, confectionery, fractionated palm  | 13.6      | 1.0 tbsp                                      | 0.000                         |
| 19175  | Gelatin desserts, dry mix, reduced calorie, with aspartame  | 6.4       | 1.0 serving                                   | 0.000                         |
| 14537  | Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine                  | 29.6      | 1.0 fl oz                                     | 0.000                         |
| 09193  | Olives, ripe, canned (small-extra large)  | 8.4       | 1.0 tbsp                                      | 0.000                         |
| 43019  | Salad dressing, sweet and sour  | 16.0      | 1.0 tbsp                                      | 0.000                         |
| 14068  | Beverages, KELLOGG'S SPECIAL K20 protein powder   | 14.5      | 1.0 packet                                    | 0.000                         |
| 04506  | Oil, sunflower, linoleic, (approx. 65%)   | 13.6      | 1.0 tbsp                                      | 0.000                         |
| 14226  | Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice  | 242.0     | 8.0 fl oz                                     | 0.000                         |
| 04643  | Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying                          | 13.6      | 1.0 tablespoon                                | 0.000                         |
| 14026  | Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12 | 480.0     | 16.0 fl oz                                    | 0.000                         |
| 14400  | Beverages, carbonated, cola, fast-food cola   | 258.0     | 1.0 serving child 12 fl oz, without ice       | 0.000                         |
| 04702  | Oil, industrial, cottonseed, fully hydrogenated   | 13.6      | 1.0 tablespoon                                | 0.000                         |
| 08683  | Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares   | 53.0      | 1.0 cup (1 NLEA serving)                      | 0.000                         |
| 04531  | Oil, soybean lecithin   | 13.6      | 1.0 tablespoon                                | 0.000                         |
| 04657  | Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter                    | 13.6      | 1.0 tbsp                                      | 0.000                         |
| 19280  | Frozen novelties, ice type, lime  | 99.0      | 0.5 cup (4 fl oz)                             | 0.000                         |
| 01068  | Cream substitute, liquid, with lauric acid oil and sodium caseinate   | 15.0      | 1.0 container, individual                     | 0.000                         |
| 04042  | Oil, peanut, salad or cooking   | 13.5      | 1.0 tbsp                                      | 0.000                         |
| 14151  | Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine                      | 29.6      | 1.0 fl oz                                     | 0.000                         |
| 14637  | Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored   | 200.0     | 1.0 pouch                                     | 0.000                         |
| 32022  | KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared  | 241.0     | 0.5 package                                   | 0.000                         |
| 04556  | Shortening frying (heavy duty), palm (hydrogenated)   | 12.8      | 1.0 tbsp                                      | 0.000                         |
| 43543  | Milk, imitation, non-soy  | 244.0     | 1.0 cup                                       | 0.000                         |
| 04679  | Oil, PAM cooking spray, original  | 0.3       | 1.0 spray , about 1/3 second (1 NLEA serving) | 0.000                         |
| 19320  | Puddings, banana, dry mix, regular  | 88.0      | 1.0 package (3.12 oz)                         | 0.000                         |
| 14065  | Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch   | 200.0     | 6.75 fl oz                                    | 0.000                         |
| 42231  | Oil, flaxseed, cold pressed   | 13.6      | 1.0 tbsp                                      | 0.000                         |
| 14384  | Beverages, water, bottled, PERRIER  | 29.6      | 1.0 fl oz                                     | 0.000                         |
| 14171  | Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2                                       | 240.0     | 1.0 cup                                       | 0.000                         |
| 04588  | Oil, oat  | 13.6      | 1.0 tbsp                                      | 0.000                         |
| 43060  | Chewing gum, sugarless  | 2.0       | 1.0 piece                                     | 0.000                         |
| 04528  | Oil, walnut   | 13.6      | 1.0 tbsp                                      | 0.000                         |
| 04654  | Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening                  | 13.6      | 1.0 tbsp                                      | 0.000                         |
| 04034  | Oil, soybean, salad or cooking, (partially hydrogenated)  | 13.6      | 1.0 tbsp                                      | 0.000                         |

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight(g)</b> | <b>Measure</b>   | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|---|------------------|------------------|---------------------------------------|
| 12117         | Nuts, coconut milk, raw (liquid expressed from grated meat and water)               | 240.0            | 1.0 cup          | 0.000                                 |
| 14148         | Beverages, carbonated, cola, regular  | 30.7             | 1.0 fl oz        | 0.000                                 |
| 04550         | Shortening frying (heavy duty), beef tallow and cottonseed                          | 12.8             | 1.0 tbsp         | 0.000                                 |
| 04670         | USDA Commodity Food, oil, vegetable, low saturated fat                              | 13.6             | 1.0 tbsp         | 0.000                                 |
| 04013         | Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing                             | 16.0             | 1.0 tbsp         | 0.000                                 |
| 14167         | Beverages, POWERADE, Zero, Mixed Berry  | 360.0            | 12.0 fl oz       | 0.000                                 |
| 14284         | Beverages, Cranberry juice cocktail   | 271.0            | 1.0 cup          | 0.000                                 |
| 04699         | Oil, industrial, soy, low linolenic   | 14.0             | 1.0 tablespoon   | 0.000                                 |
| 19337         | Sweeteners, tabletop, aspartame, EQUAL, packets                                     | 3.5              | 1.0 tsp          | 0.000                                 |
| 14288         | Lemonade, powder, prepared with water   | 33.0             | 1.0 fl oz        | 0.000                                 |
| 04517         | Oil, grapeseed  | 13.6             | 1.0 tablespoon   | 0.000                                 |
| 14238         | Beverages, cranberry-apple juice drink, bottled                                     | 30.6             | 1.0 fl oz        | 0.000                                 |
| 04651         | Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor | 13.6             | 1.0 tbsp         | 0.000                                 |
| 04029         | Salad dressing, mayonnaise, imitation, soybean without cholesterol                  | 14.1             | 1.0 tablespoon   | 0.000                                 |
| 14191         | Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C       | 265.0            | 1.0 cup          | 0.000                                 |
| 14145         | Beverages, carbonated, SPRITE, lemon-lime, without caffeine                         | 30.8             | 1.0 fl oz        | 0.000                                 |
| 04546         | Shortening bread, soybean (hydrogenated) and cottonseed                             | 12.8             | 1.0 tablespoon   | 0.000                                 |
| 14257         | Beverages, OCEAN SPRAY, Light Cranberry   | 248.0            | 8.0 fl oz        | 0.000                                 |
| 19163         | Chewing gum   | 3.0              | 1.0 stick        | 0.000                                 |
| 04667         | Shortening, industrial, soy (partially hydrogenated ) for baking and confections    | 12.8             | 1.0 tbsp         | 0.000                                 |
| 14460         | Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.             | 30.5             | 1.0 fl oz        | 0.000                                 |
| 14216         | Beverages, aloe vera juice drink, fortified with Vitamin C                          | 240.0            | 8.0 fl oz        | 0.000                                 |
| 04633         | Margarine-like, vegetable oil spread, 20% fat, with salt                            | 15.0             | 1.0 tbsp         | 0.000                                 |
| 14013         | Alcoholic beverage, beer, light, low carb   | 29.5             | 1.0 fl oz        | 0.000                                 |
| 14649         | Beverages, tea, hibiscus, brewed  | 237.0            | 8.0 fl oz        | 0.000                                 |
| 04582         | Oil, canola   | 14.0             | 1.0 tbsp         | 0.000                                 |
| 14280         | Beverages, tea, black, ready to drink, decaffeinated, diet                          | 240.0            | 1.0 cup          | 0.000                                 |
| 19918         | Sweetener, herbal extract powder from Stevia leaf                                   | 1.0              | 1.0 package      | 0.000                                 |
| 19334         | Sugars, brown   | 3.0              | 1.0 tsp unpacked | 0.000                                 |
| 14552         | Carbonated beverage, chocolate-flavored soda  | 31.0             | 1.0 fl oz        | 0.000                                 |
| 04026         | Salad dressing, mayonnaise, soybean and safflower oil, with salt                    | 13.8             | 1.0 tablespoon   | 0.000                                 |
| 14034         | Alcoholic beverage, creme de menthe, 72 proof                                       | 33.6             | 1.0 fl oz        | 0.000                                 |
| 04595         | Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)            | 12.8             | 1.0 tbsp         | 0.000                                 |
| 14188         | Beverages, tea, green, ready to drink, ginseng and honey, sweetened                 | 260.0            | 1.0 cup          | 0.000                                 |
| 14142         | Beverages, carbonated, grape soda   | 31.0             | 1.0 fl oz        | 0.000                                 |
| 19364         | Toppings, butterscotch or caramel   | 41.0             | 2.0 tbsp         | 0.000                                 |

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight(g)</b> | <b>Measure</b>              | <b>Riboflavin(mg)<br/>Per Measure</b> |
|---------------|--|------------------|-----------------------------|---------------------------------------|
| 16581         | GARDENBURGER Flame Grilled Burger, frozen, unprepared                                    | 96.0             | 1.0 patty                   | 0.000                                 |
| 04543         | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed                  | 13.6             | 1.0 tablespoon              | 0.000                                 |
| 43514         | Frozen novelties, ice type, pop, with low calorie sweetener                              | 55.0             | 1.0 serving 1.75 fl oz pop  | 0.000                                 |
| 04664         | Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings | 13.6             | 1.0 tbsp                    | 0.000                                 |
| 14211         | Beverages, tea, black, ready-to-drink, lemon, diet                                       | 265.0            | 1.0 cup                     | 0.000                                 |
| 14357         | Beverages, tea, instant, decaffeinated, lemon, sweetened                                 | 23.0             | 1.0 serving (3 heaping tsp) | 0.000                                 |
| 14161         | Beverages, Kiwi Strawberry Juice Drink   | 473.0            | 16.0 fl oz                  | 0.000                                 |
| 14646         | Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C | 238.0            | 1.0 cup (8 fl oz)           | 0.000                                 |
| 04575         | Fat, turkey  | 12.8             | 1.0 tbsp                    | 0.000                                 |
| 14543         | Beverages, lemonade, frozen concentrate, pink, prepared with water                       | 30.9             | 1.0 fl oz                   | 0.000                                 |
| 02053         | Vinegar, distilled   | 14.9             | 1.0 tbsp                    | 0.000                                 |
| 42055         | Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame           | 8.0              | 1.0 tsp                     | 0.000                                 |
| 14076         | Beverages, ICELANDIC, Glacial Natural spring water                                       | 100.0            | 1.0 serving                 | 0.000                                 |
| 04514         | Oil, poppyseed   | 13.6             | 1.0 tablespoon              | 0.000                                 |
| 14235         | Beverages, OCEAN SPRAY, Diet Cran Cherry   | 237.0            | 8.0 fl oz                   | 0.000                                 |